ISSUE
61 AUGUST–SEPTEMBER 2015

dish

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cosy up for winter

+ *sumptuous* DESSERTS

wrapped up SWEET & SAVOURY PASTRY

flavours of ARGENTINA

WHOLEFOOD KITCHEN

SEEING RED
top NZ pinot noir



PORK STEAKS WITH PARSNIP AND POTATO MASH
page 109

hearty feasts

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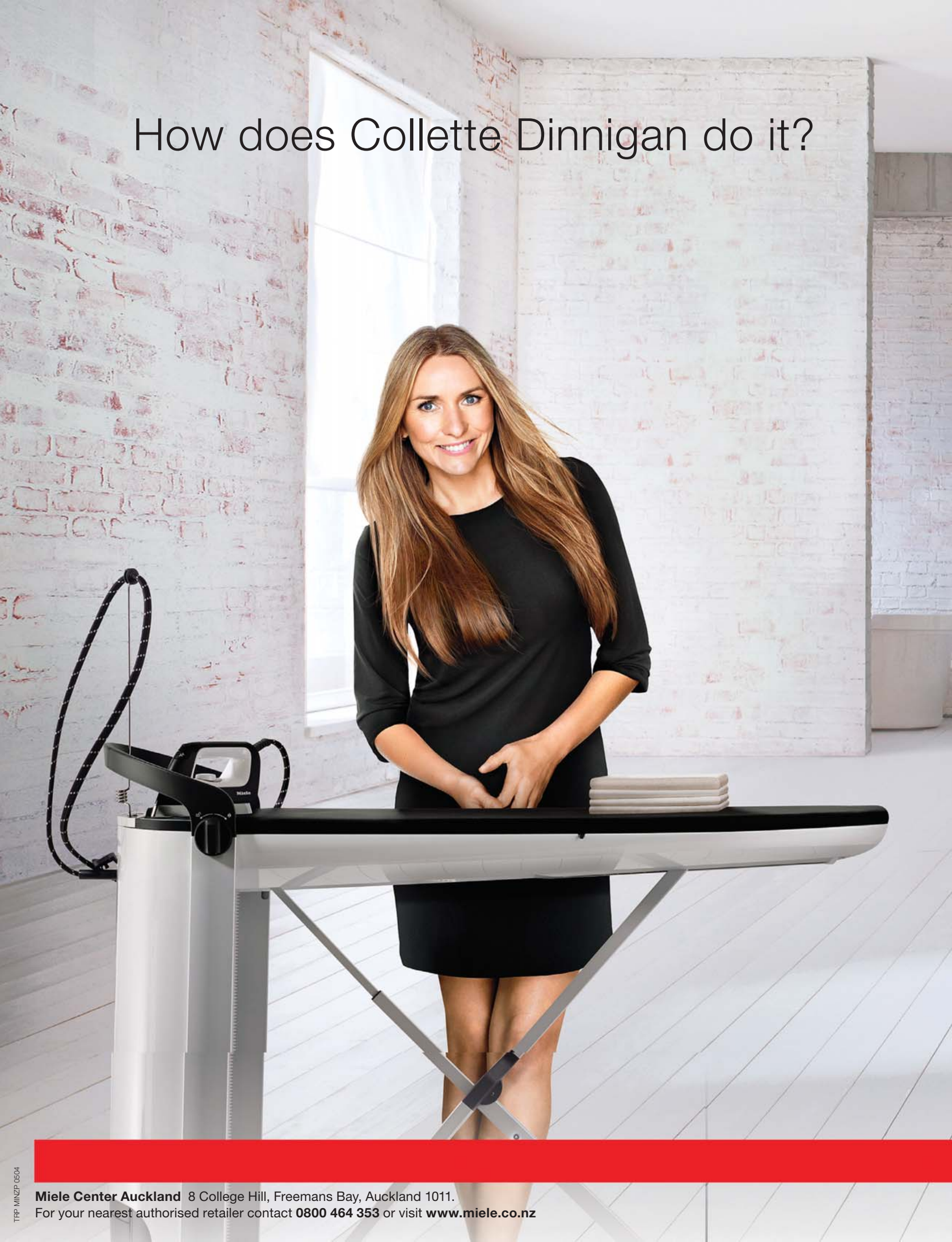
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DISH MAGAZINE

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Does New Zealand have a recognisable food identity? We might jokingly refer to fish and chips or the ubiquitous pie as being 'Kiwi cuisine', but it's a question worth serious consideration.

In the last ten years we've witnessed a local food revolution. High quality locally produced food and the talent of those who produce it and cook it is now recognised, celebrated and, more importantly, enjoyed on a daily basis. How else are the ever-growing number of incredibly good food establishments surviving – as well as the raft of farmers' markets and specialty food stores?

Lyttelton-based chef, Giulio Sturla, has started a movement to connect all facets of the food community, with the establishment of ConversatioNZ. Following the inaugural conference in May there has been a resolution to create a New Zealand Food Manifesto, similar to The New Nordic Kitchen Manifesto of 2004. The potential of this will not only affect what we fill our plates with, but there are also significant economic benefits to having a cohesive story to take to an international audience – particularly with the growing importance of food tourism. We look forward to following their progress. Victoria Wells has the full story on page 48.

As we're in the midst of winter you'll find this issue full of hearty recipes, from nourishing menus to share, to mouthwatering sweet and savoury pastry. Food Editor Claire Aldous has been inspired by recent travels to Argentina, bringing back wonderful ideas and flavour combinations to try.

It wouldn't be winter without puddings. Sarah Tuck has created decadent treats sure to finish a meal with a table of clean plates and smiling faces. I've page-marked her heavenly Walnut Caramel Dumplings with Caramel Sauce and Walnut Praline.

I'm also very pleased to welcome Julie Biuso, joining us for the first of her columns about seasonal ingredients. She has delicious ideas for what to do with celeriac.

Enjoy,

Lisa.

Lisa Morton, *Editor*
LISA@DISH.CO.NZ

Background photograph by Manja Wachsmuth. Tablecloth from Nest. Marble board from Shut the Front Door. Cups and saucers from Seletti. Napkin from Collect Living. For stockist details see page 85. Portrait photo by Carolyn Haslett.

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FRESH FOOD



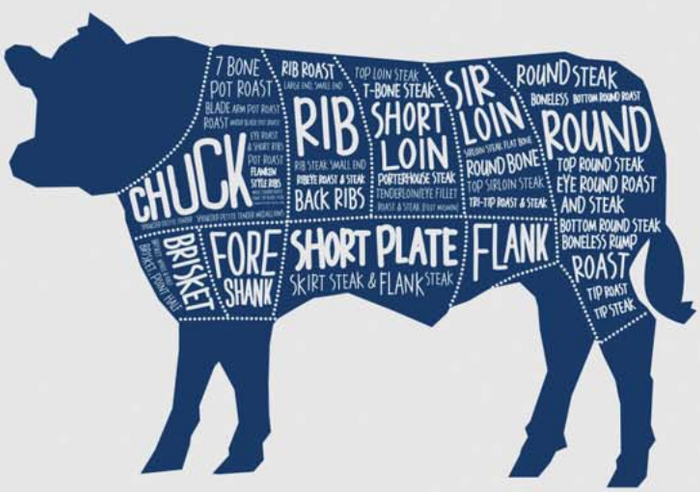
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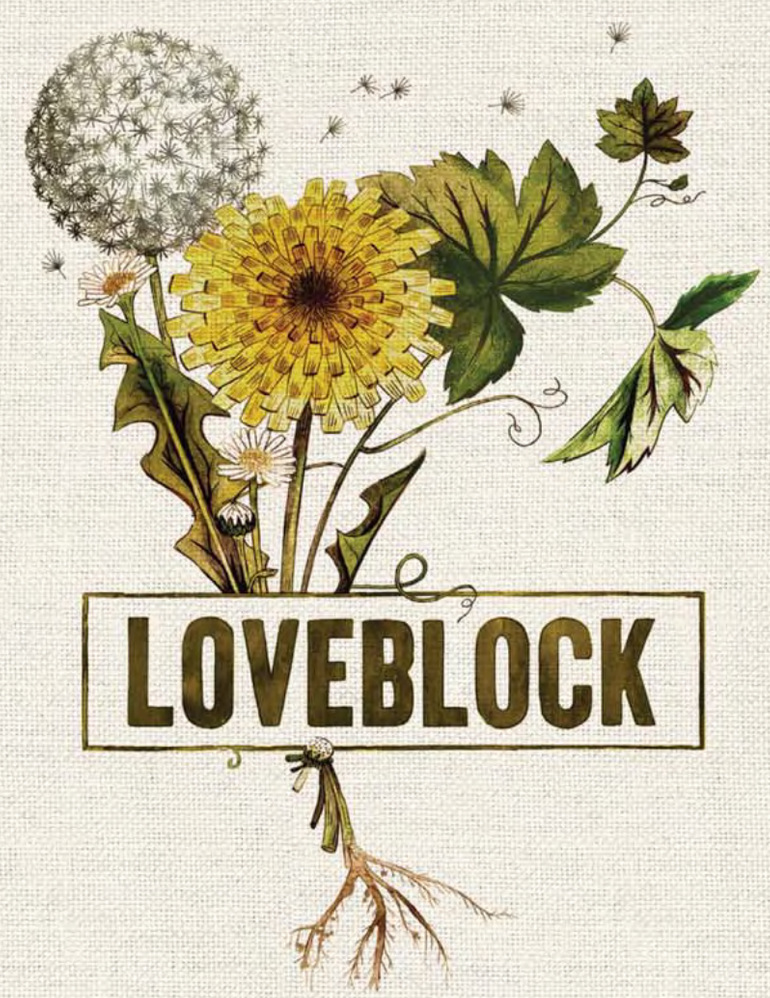
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SIDE DISHES

What's new, news and necessary for your kitchen



CLOCKWISE FROM TOP: Onyx Cheese Knife & Pate $40, **Oval Platter** $120, and **Round Placemat** $9, **La Chamba Traditional Soup Bowl** $16, **La Chamba Round Dish Small** $36, and **La Chamba Round Dish Large** $43, **Fine China Mini Vase** $29, **La Chamba Dipping Bowl** $9, **Slate Coaster** $10, and **Herb Scissors Small** $6, **Hexagonal Concrete Candle Holder** $25, **Concrete Tray Black** $50, **La Chamba Salt Bowl** $12, and **Faceted Planter Small** $42, from Indie Home Collective (www.indiehomecollective.com). **Smithy Trivet Black** $64 from Nest (www.nest-direct.com). **Bottle Opener Wide** $44, and **Herb Scissors** $96, from Everyday Needs (www.everyday-needs.com). **Kuro Ovendish Small** $49, **Kuro Ovendish Medium** $59, **Blackwood Spoon Large** $14, and **Stonewashed Linen Napkins** $49 for a set of 4, from Nest. **Slate Plate Rectangle large** $46 from Tessuti (shop.tessuti.co.nz). **Rice Bowl** $29, from Everyday Needs. **Charcoal Fluted Votive** $20, **La Chamba Miniature Bowl** $9, and **Slate Coaster** $10, from Indie Home Collective. **Slate Plate Round** $22, from Tessuti. **Kuro Bowl** 15cm $24, **Kuro Servepot Small** $25, and **Kuro Serveport Medium** $35, from Nest. **Tea Canister** $132, from Everyday Needs.

Photo by Bryce Carleton. Styling by Fiona Kerr.

SIDE DISHES



MEAT MATTERS

Auckland-based premium meat suppliers Neat Meat have opened a second retail store, in Queenstown. The company is run by the Erikkson brothers, who grew up on a sheep and cattle farm in Gisborne, and Irishman Andy Ham, and supplies export-quality free-range and organic meats to many high-end Auckland restaurants. Their retail stores in Ponsonby Central and now Frankton are always chock full of mouthwatering cuts, as well as a full deli range including sauces, rubs, Italian olive oils, pastas and frozen goods. For details or to shop online visit **www.neatmeat.com**



Rich and Raw

Melbourne's Pana Chocolate shop in Richmond is home to handmade vegan-friendly raw, organic chocolates that are now available in New Zealand. We love the rich, fudgy Raw Cacao bar, which is made from 60 per cent raw cacao, as well as agave nectar, coconut oil and Himalayan crystal salt. Available from Farro Fresh stores.



Heart of Gold

We've been enjoying the new Grapefruit Marmalade with Mint & White Rum from Wairarapa's Marmalada – and we're not the only ones. The preserve won gold at the Dalemain Marmalade Awards held in the UK earlier this year, which follows last year's gold medal for their Tangelo with Smoked Paprika marmalade. Visit **www.marmalada.co.nz**



MORNINGS AT MASU

For Aucklanders bored with bacon and eggs, the Nichiyo menu at Nic Watt's MASU on Federal Street offers an exciting new take on brunch. The Japanese-style feast begins with a selection of salads, sashimi and other small dishes from MASU's Robata bar, followed by a main dish for each guest and a dessert platter for the table. It's also family-friendly, with a special bento box for kids on the menu and a kids' entertainment area set up in the private dining room. For details visit **www.masu.co.nz**



A BREW FOR ALL SEASONS

Our summer romance with kombucha has blossomed into a year-round affair, thanks to Daily Organics' two delicious new varieties: Winter and Coffee. Winter is made from black teas with subtle chai spices and ginger, while the Coffee Kombucha is made with cold brewed 100 per cent organic Fair Trade coffee. Available from Farro Fresh.



TURNING JAPANESE
They began with delicious Asian dumplings and now Wellington-based Asian Food Republic are importing authentic Asian plates on which to serve them, too. There are five collections of stylish handcrafted plates and bowls to choose from – including White Blossom and Black Pearl – all of which are sourced from regions of provincial Japan. Available at Moore Wilson's and Farro Fresh stores. Visit **www.asianfoodrepublic.co.nz**



SWEETEN UP
For a natural, unrefined substitute for refined sugar in baked and cooked goods, Purecoco 100 per cent raw coconut nectar is a natural fructose sweetener made from the sap of the coconut flower blossom. The organically grown fair-trade product has a subtle caramel flavour. Available from Farro Fresh stores and **www.purecoco.co.nz**



WINTER WARMERS

The gingerbeer gurus at Hakanoa Handmade have produced three new hot drink syrups to ward off winter's chill: the very gingery Ginger Lemon Manuka, a Sweet Chai with a soft blend of spices and just enough sweetness for balance, and a sugar-free version of the Chai. Each syrup is made with whole fresh spices and is free of additives and preservatives. For stockists visit **www.hakanoa-handmade.co.nz**

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OBJECTS OF DESIRE

A beautiful crockery collection named "The Family" is the work of senior designer and stylist at *Homestyle* magazine, Amber Armitage, who teamed up with Studio Ceramics. There are five different pieces in the collection (each named after a member of Amber's family), available in muted hues like petal pink, fog grey and moss green. Each item is handmade in New Zealand and unique. Buy online at **www.amber-armitage.com**



THE HUNT IS ON

Is your favourite café worthy of champion status? Let them know that New Zealand Café of the Year 2016 is open for entries. Celebrating New Zealand's unique café culture, the competition will seek out the country's best cafés in a range of categories, including Best Metro/CBD; Best Rural and Classic Kiwi. There will also be a People's Choice Award open to public votes. The winner of NZ Café of the Year 2016 will receive a trip to Melbourne worth up to $10,000, a chance to be featured in *Dish*, and a branded Renault Kangoo for a year. Register and find more information at www.nzcafeoftheyear.co.nz



Lovely Linen

If you ever needed an incentive to throw out grotty old tea towels and aprons, this is it. The Everyday Linen Bistro Towel is a large, 100 per cent linen towel that doubles as both a tea towel and an apron, and is guaranteed to become your go-to item of kitchen linen. RRP$48.50 from www.tessuti.co.nz



Marble love

We're crazy for marble homewares right now, but they don't need to weigh a ton to be on trend. These lightweight plastic trays from Crave Homewares look super stylish, and won't break the bank (or your back). RRP$29.90 for the large, $17.50 for the small. Available from www. cravehome.co.nz





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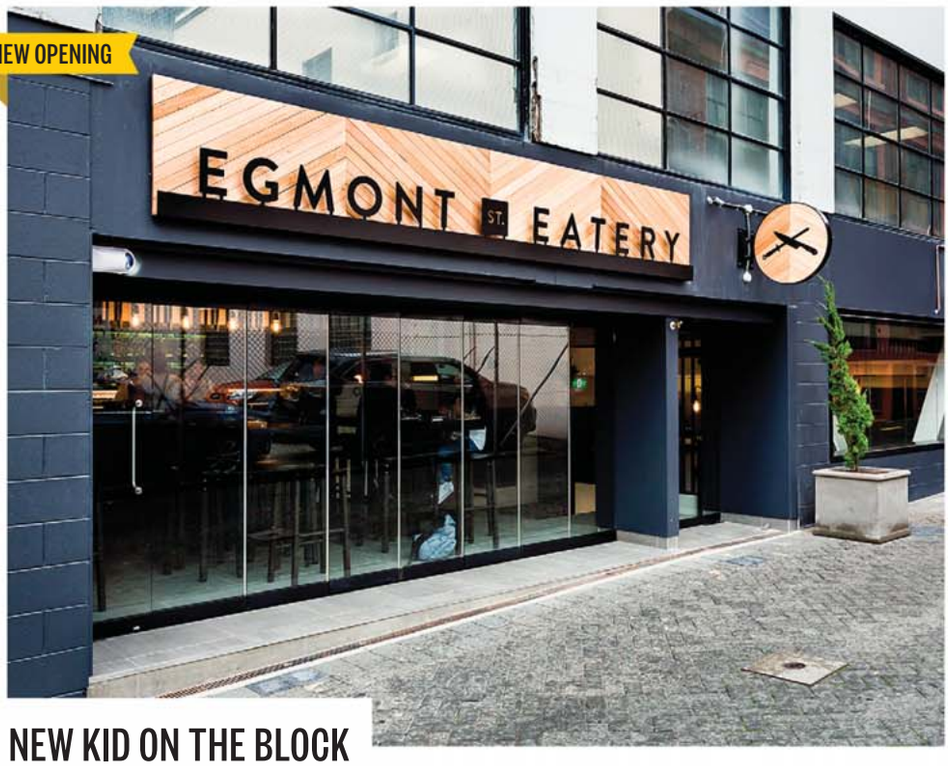


Megan May
Chef and creator of Little Bird Organics

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NEW KID ON THE BLOCK

What was once an industrial carpark in Wellington's Egmont St has been transformed into a multi-level catering kitchen, function space and eatery. The Egmont Street Eatery has been a project two years in the making for Head Chef Simon Pepping, who initially set out to find a new kitchen for his business The Catering Studio. The project grew, and now Wellingtonians can enjoy fresh, seasonal food from an à la carte menu, get something quick to take away from the servery, or enjoy cocktails, wines and craft beer at the bar. **www.egmontstreet.co.nz**

SHOP LIKE A CHEF

Chef Simon Gault has opened the Sous Chef Deli Shop at the site of his distribution warehouse in Takanini, Auckland. With unique, premium fresh products flown in from around the world, it's like a candy shop for hardcore foodies: you'll find everything from wagyu beef to buffalo butter, preserved truffles and Caribbean spiny lobsters, as well as sous vide machines, caviar makers, and molecular gastronomy kits. Desma Anderson, ex-sous chef of Cibo restaurant in Parnell, is the chef in residence, providing taste tests and cooking tips as well as takeaway hot soup through winter. Open Monday to Friday. 3/84 Spartan Road, Takanini, Auckland.

GET SAUCED

The dark, glossy new chocolate sauce from Trade Aid is made from fair trade organic cocoa from the Dominican Republic, organic sugar from Paraguay and New Zealand water. Fair trade, organic, vegan and New Zealand-made – it's chocolate we can feel good about eating. RRP$8.99 from www.tradeaid.org.nz





Winter Winners

Growers and producers from farmers' markets around the country sent their wares to Tauranga last month, where judging took place for the Farmers' Markets New Zealand Winter Food Awards 2015. The judges, 2014 *MasterChef New Zealand* winners Karena and Kasey Bird, were on the lookout for the best of the season's produce. Congratulations to this year's winners:

Freshest Produce from the Paddock: Cam & Melissa Booker (Grown), from the Christchurch and Lyttelton Farmers' Market, for their winter strawberries.
Best Produce from the Kitchen Bench: Anita Gueze (Oliebollen), from the Gisborne Farmers' Market with her oliebollen (dutch donuts).
Freshest Produce from the Water: Nic Adlam (Stewart Island Smoked Salmon), from Ashburton, Lyttelton, Christchurch, Ohaka and Cromwell Farmers' Markets with his smoked salmon.
Tastiest Produce from the Butchery: Lee Askew (Shemski Beef), from the Gisborne Farmers' Market with her Red Devon beef.
Creamiest Produce from the Dairy: joint winners were Liz MacKay (Jersey Girl Organics) from the Tauranga Farmers' Market with her organic Jersey whole milk and Chris & Jill Whalley (Mount Eliza Cheese Ltd.), from the Tauranga Farmers' Market with their cheese selection.
Tastiest Nut Products: Why & Chris Daniell, Tauranga Farmers' Market, with their Macadamia Liqueur.

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Find your local farmers' market at **www.farmersmarkets.org.nz**


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WHAT'S ON

Food and wine events to mark in your diary

AUGUST

Thursday 30th July – Sunday 2nd August

THE FOOD SHOW – AUCKLAND

Stock up on New Zealand's best food, drink and kitchen equipment and be inspired by superstar chefs at the Auckland Food Show. Held over four days at the ASB Showgrounds. Visit www.foodshow.co.nz

Saturday 1st – Monday 31st August

AUCKLAND RESTAURANT MONTH

With more than 100 restaurants serving up special menus and over 20 foodie-inspired events, August is Auckland's most exciting month for eating. Visit www.heartofthecity.co.nz/restaurant-month

Friday 14th – Sunday 30th August

VISA WELLINGTON ON A PLATE

A delicious and diverse range of events, competitions and menus celebrating Wellington's unique flavour. Visit www.wellingtononaplate.com

Friday 14th – Saturday 15th August

BEERVANA – WELLINGTON

Beervana is the country's largest gathering of local craft beer, brewers and beer lovers. With hundreds of beers on tap, seminars and food matches from some of Wellington's best eateries, this is an unmissable weekend for beer fans. Visit www.beervana.co.nz

Saturday 22nd August

MAGIC OF THE MEDITERRANEAN WITH RICK STEIN & ESK VALLEY WINES

The legendary Rick Stein returns to The Farm at Cape Kidnappers where he'll be sharing the magic of the Mediterranean and cooking dishes from his latest book, *From Venice to Istanbul.* Visit www.capekidnappers.com

SEPTEMBER

Saturday 19th September

THE WHITIANGA SCALLOP FESTIVAL

Celebrate the scallop and other seafood delicacies at this one-day event, with cooking demonstrations, live music, stalls and myriad seafood dishes to try. Visit www.scallopfestival.co.nz

Wednesday 23rd September

TOAST MARTINBROUGH

TICKETS ON SALE

Tickets to this popular food and wine event go on sale at 9am through Ticketek. Visit www.ticketek.co.nz

Saturday 26th September

PORT CHALMERS SEAFOOD FESTIVAL

Dunedin's Port Chalmers hosts a day of cooking demonstrations, live entertainment, fine local brews, wines and loads of delicious seafood. Visit www.festival.portchalmers.com

OCTOBER

Saturday 3rd October

KAIKOURA SEAFEST

Celebrating its 21st birthday, the 2015 Kaikoura Seafest festival promises to be a smorgasbord of delicious kai moana, drink and entertainment for the whole family. Visit www.seafest.co.nz

Saturday 24th October

"IT!" BAY OF ISLANDS FOOD AND WINE FESTIVAL

This one day festival combines a winning recipe of fantastic food, wine, entertainment and friendly locals in the Bay of Islands. Visit www.paihianz.co.nz

DISH EVENTS

Monday 12th & Tuesday 13th October

THE MIELE CHEF'S TABLE WITH KELLY GIBNEY

Join wholefood blogger and *Dish* recipe contributor Kelly Gibney for a demonstration followed by a sit-down dinner. Visit www.dish.co.nz/events for details and booking info.

Tuesday 20th October

DINE WITH DISH AND ESK VALLEY

See page 21 for details.

DISH EVENTS ONLINE
Keep up to date with foodie events at **www.dish.co.nz**

DISH WEEKLY E-NEWSLETTER
Get your regular fix of recipes, news and upcoming events. Sign up at **www.dish.co.nz/newsletter**

DINE *with* DISH
EVENT



DINE *with* DISH *and* ESK VALLEY

Join *Dish* and Esk Valley for a very special night of fine wine and exceptional food at Josh Emmet's Rata in Queenstown.

Esk Valley is a boutique winery, renowned for its premium hand-crafted wines. Winemaker Gordon Russell produces wines that are both elegant and sophisticated, and which truly reflect the character of Esk Valley's individual vineyards.

Join Gordon and *Dish* Editor Lisa Morton for a night of fine Esk Valley wines matched with superb food from iconic Queenstown restaurant, Rata. Gordon will take diners on a journey through Esk Valley's wines, including its premium Winemaker's Reserve and a very special release on the night.

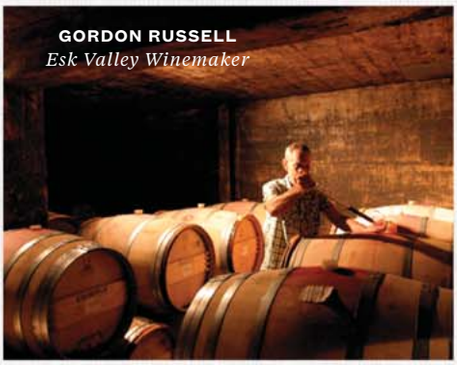
A runner up in the Winestate Magazine 'Winemaker of the Year 2013' award, Gordon Russell has established himself as one of New Zealand's most recognised winemaking identities with his passionate approach to winemaking and the enormous success he has achieved in tastings and competitions, including collecting the Champion Merlot Blend trophy at the Air New Zealand Wine Awards in 2014.

Esk Valley Estate, nestled in the Hawkes Bay area of Bay View, is a boutique producer of premium New Zealand wine. The wines are crafted using traditional methods and local knowledge to bring out the best of every vintage. Grapes are sourced from Hawkes Bay including the world-renowned Gimblett Gravels and from Marlborough. The 1930s buildings still in use today at Esk Valley contain the original concrete fermentation vats that have proved ideal for fermenting Esk Valley's award-winning red wines.

Don't miss this opportunity to enjoy exceptional wines from one of New Zealand's leading wineries with a very special menu.



esk valley.



GORDON RUSSELL
Esk Valley Winemaker



EVENT DETAILS

WHERE:
Rata, 43 Ballarat St, Queenstown

WHEN:
Tuesday 20th October at 6:30pm

PRICE:
$120 per person (includes 4 courses with matching wines)

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BOOKS

Reviewed by Alice Galletly and Alice Harbourne

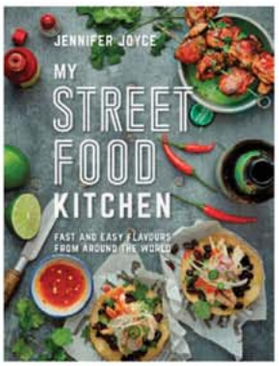


The Huxtaburger Book

BY DANIEL WILSON

On the surface, the humble burger might seem like one of the simplest dishes to master. But, as *The Huxtaburger Book re*veals, making the ultimate burger is both a science and an art. From the chef behind cult Melbourne burger joint, Huxtaburger, this cookbook details each element that makes Daniel Wilson's burgers so sublime: the perfect squishy bun; a pickle with the right amount of tang and crunch; the exact quantity of mayo and ketchup; and the ultimate wagyu beef pattie. If you've ever wanted to know whether grass- or grain-fed beef makes a better burger pattie, or why butter is one of the most important ingredients in a burger, this is the book for you. After the detailed breakdown come the recipes: as well as every burger on the Huxtaburger menu there are 18 additional creations, including: Lobster with Tobiko and Wasabi; Soft-Shell Crab with Green Mango Salad; and Tonkatsu Pork with Fennel and Apple Slaw. You'll also find beer match suggestions, as well as recipes for milkshakes, sauces and sides. With candy-coloured styling and lots of bad 80s jerseys peeking out from lab coats, the photography alone makes this one of the most fun cookbooks we've seen in a while. A must-buy for anyone who has ever strived to make the perfect burger at home.

Hardie Grant Books – RRP$49.95 (hb)

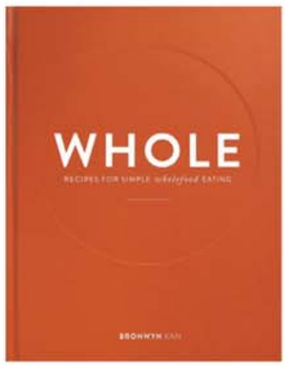


My Street Food Kitchen

BY JENNIFER JOYCE

Of all the food trends we've seen come and go over the past few years, one that seems to be persistent in its popularity is street food. And with good reason. As *My Street Food Kitchen* – the tenth cookbook by British chef, food stylist and author Jennifer Joyce – reveals, the streets are home to some of the world's most vibrant and exciting cuisine. From American 'dirty burgers' to fiery Mexican tacos, South-East Asian noodles and Chinese dumplings, Joyce takes us on a round-the-world tour of her best 'to go' food discoveries. Organised into chapters by country, the 150 recipes in *My Street Food Kitchen* are easy-to-follow and use locally available ingredients, with clever shortcuts for spice pastes to make things a little simpler. Using cooking methods designed for modern home kitchens, *My Street Food Kitchen* gives home cooks the tools to enjoy tasty international street food without ever having to leave the house.

Hardie Grant Books – RRP$49.95 (hb)

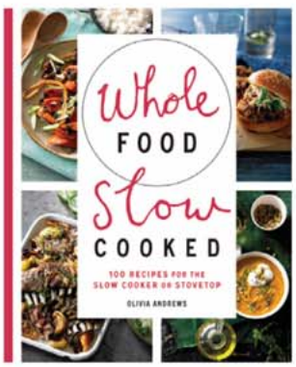


Whole

BY BRONWYN KAN

The latest cookbook from boutique Auckland publishers Beatnik brings together the recipes of 11 New Zealand women who share a passion for one thing: delicious wholefood. The collection reads as a manifesto for simple, mindful living, with each contributor espousing a food philosophy that not only celebrates wholesome, natural ingredients, but also prioritises flavour and the social rituals of food. Tasty breakfast ideas like Cacoa No-Grainola, virtuous Everyday Pancakes and interesting smoothies brighten up weekday mornings. Meanwhile, wholefood substitutes for sugar, gluten and dairy inspire a creative approach to baking. With recipes from Olivia Scott of The Raw Food Kitchen (profiled on page 42), cake entrepreneur Jordan Rondel and *Dish* contributor Kelly Gibney, *Whole* features the people, ingredients and philosophies transforming the New Zealand food scene right now.

Beatnik Publishing – RRP$44.99

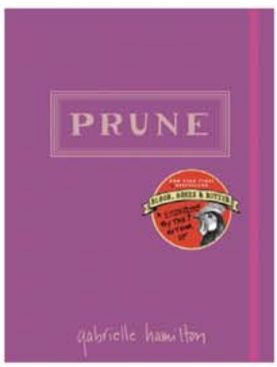


Whole Food, Slow Cooked

BY OLIVIA ANDREWS

The words "whole food" don't usually evoke images of comforting winter dishes, but that's where *Whole Food, Slow Cooked*, sets itself apart from the pack. The new book from Australian food writer, recipe developer and stylist Olivia Andrews ticks all the boxes for the modern cook with recipes that are healthy, comforting and convenient. The recipes use whole, unprocessed foods and are designed to be cooked in either a slow-cooker or oven, or on the stovetop, and often make the most of economical cuts of meat. Hearty recipes like Veal Osso Bucco, Caramel Pork Belly, and Beef & Butter Miso Mushroom Risotto would be perfect for cold weather, while Jerk Chicken and Pork and Pineapple Tacos cry out for balmy summer evenings. The recipes are designed to deliver maximum flavour with minimum hassle, and most can be easily assembled and then left to cook on their own. A great book for anyone who enjoys real food without fuss.

Murdoch Books – RRP$40 (pb)

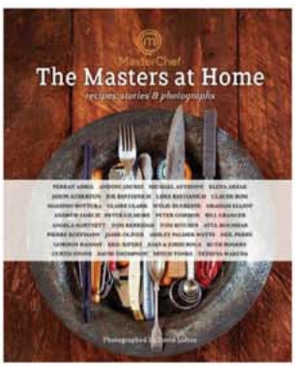


Prune

BY GABRIELLE HAMILTON

There aren't many cookbooks that contain as much personality in their pages as *Prune,* the new book from legendary New York chef and restaurateur, Gabrielle Hamilton. Named after her Manhattan restaurant, *Prune* takes the shape of a recipe binder for her staff: recipes have bits of masking tape and additional notes scrawled in Hamilton's own hand, offering a fascinating glimpse into the inner workings of her kitchen. "Remind servers to tell customers the seeds are still inside the pears" says one. "Remove the butcher's string before slicing, people!" As a collection of recipes, there is little cohesion (you'll find braised dandelion greens on one page, whole roasted rabbit the next) – this is simply the food Hamilton likes to eat. As long as you know your way around a kitchen (none of the recipes will remind you to preheat the oven), this will be an incredibly fun book to cook from.

Random House – RRP$50 (hb)



The Masters at Home

BY VARIOUS

Ever wondered what top chefs like Jamie Oliver, Bill Granger and Gordon Ramsay cook when they're not sweating in restaurant kitchens or cooking in front of a camera? It's easy to imagine it would be eggs on toast, but this collection of recipes suggests otherwise. *The Masters at Home* features 33 world-renowned chefs, each of them sharing three recipes for their favourite cook-at-home weekend treats. The recipes are accompanied by candid photographs and personal anecdotes from each chef, providing a brief but intimate glimpse into their lives. The dishes are as varied as the chefs themselves, but timeless comfort food – designed to be shared with friends or family – is a common theme. Some stand-outs include Gordon Ramsay's Slow-Roast Pork with Apple and Lavender Sauce, Tetsuya Wakuda's Shabu Shabu Kingfish, Sticky Mango Pudding with Coconut Custard from Bill Granger and a deliciously rich Chocolate and Caramel Tart from Neil Perry.

Bloomsbury – RRP$49.99 (hb)

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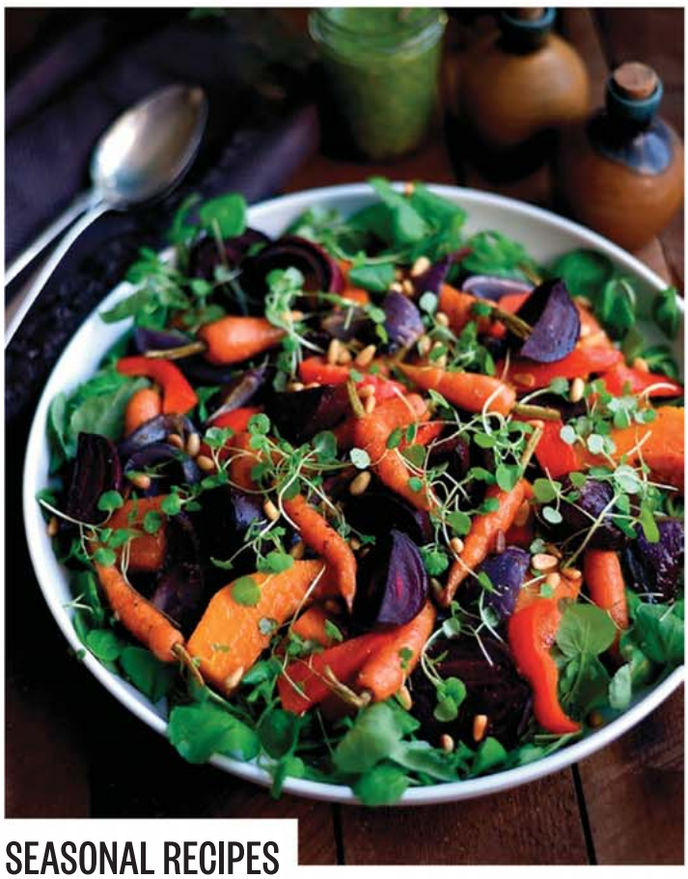
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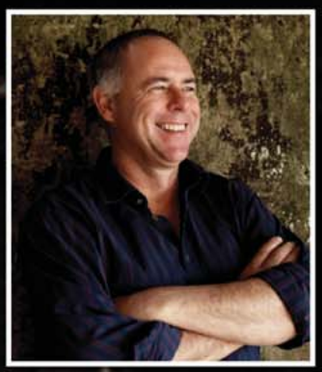


GREEN MONDAYS
Fans of regular *Dish* contributor Kelly Gibney rejoice: you can also find her online in the form of fortnightly recipe column, Green Mondays, which features her signature flavour-first whole food recipes.



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A serving of soul food

From the helm of the Sotheby Auction House café in London to a new venture in the heart of Wellington, NICOLA EDMONDS meets the couple bringing European Soul Food to the capital.

Photography by Nicola Edmonds





Laura Greenfield is all loved up about food. "I kind of humanise my food. I pat it, look after it, say goodnight to it!" As with all who truly love food, the irrepressible British chef finds it hard to overcome the need to feed people. In new Wellington eatery, Field & Green, opened with her partner Raechal Ferguson, Laura has found the perfect place to share her passion.

Growing up in Surrey, she says she never thought she wanted to be a chef. "I wanted to be an actress. Got an equity card, an agent, even a stage name!" With her parents' words, "Get a trade", ringing in her ears, Laura also took herself off to Winkfield Place, a cookery school in Windsor, to do a three-month Cordon Bleu cookery course. "It was what young ladies did at that time," she says.

Acting aspirations were eventually cast aside, but rather than going on to "settle down", as her parents might have wished, those three months proved a good grounding for a cooking career that has now won culinary devotees around the world.

After a stint of business directors' lunches catering for the kind of men who, Laura says, divided their time between fishing for salmon in Scotland and summers in St Tropez, she left London for Australia to spend a happy time in the wilds of the Northern Territory, working the night shift at Swingers Café in Alice Springs. Then it was back to Britain to work as a part-time chef at The Eagle, London's original gastro-pub.

In 2003, Laura spotted a job vacancy at Sotheby's Auction House. The role was for Head Chef of the in-house restaurant. "I went to visit the café and I just felt that it was mine," she says. She prepared just four dishes for the Sotheby's bosses. They gave her the job on the spot.

Laura was given free rein to rejuvenate the "unloved" menu, with one stipulation: that the Lobster Club Sandwich, invented by the original American owner of Sotheby's, stayed put. She began by instigating a weekly revolving menu that meant she could create new dishes that capitalised on the best of what her suppliers had to hand each week.

Arriving at work amongst an ever-changing roster of art and artefacts, Laura found herself catering to the accompanying array of buyers and collectors who became her patrons. "The ones that looked the messiest were usually the billionaires who'd just bought a Picasso," she says, but explains that she strove to ensure that the café was "not a snooty place at all – just a lovely relaxing place to eat."

Twelve years later, the chef felt ready for a change of scenery. Moving on from the Lobster Club and the subterranean location of her basement kitchen in London, Laura has now imported the weekly menu system and many of her favourite recipes from Sotheby's for her new diners in New Zealand.

For Raechal Ferguson, a Waikato-born architect, the move has been a welcome change of pace and lifestyle. She first met Laura on the dance floor, rather than at a restaurant table. It was a date they both remember: "It was in a London nightclub at 12.30am. We saw in the new millennium!"

PREVIOUS PAGE: Raechal Ferguson and Laura Greenfield at their new Wellington eatery, Field & Green.

ABOVE LEFT: Laura's kedgeree had its own Twitter following just two weeks after Field & Green opened its doors in Wellington.

ABOVE RIGHT: Chef Laura Greenfield's weekly revolving menu concept is proving as popular with New Zealand diners as it was when she instituted it during her time at the helm of Sotheby's café in London.



"My food philosophy is to keep it *simple and delicious* – reach the peak of flavour."

— LAURA GREENFIELD







ABOVE: Clean and simple décor sets the scene for Laura's seasonal dishes that are based on the best her local suppliers have to offer.

After 27 years in the British public sector, specialising in the field of mental health architecture, Raechal was also ready to try something new. "I'd had some work trips to Adelaide [from London] and came home quite frequently and that was what started the idea of maybe coming over this side of the world. It took a few years to convince Laura to come with me!"

Determined not to be blinded by the sometimes deceptive lustre of a Kiwi summer, the couple criss-crossed the country on various road trips in the depths of winter, looking for the perfect location. They found it on Wellington's Wakefield Street and have created a space with clean and simple décor with whitewashed walls and subtle European touches. Thirty army-green rubberised lampshades were imported from Denmark, and a shipment of beige designer chairs has just arrived from Italy.

The theme of the Field & Green menus is based loosely around the idea of 'European Soul Food'. "It's about food that feeds the soul," Raechal says, rather than any specific geographical location. "Some people think that soul food is something that comes from New Orleans and then other people just get it." Laura adds that it's nothing "fancy-schmantzy", saying she follows seasons, not trends. "We're not Michelin-styled people – just good honest chefs."

At first, the seasonality of fruits and vegetables in this country came as a bit of a shock. "It's kind of fantastic and kind of annoying," says Laura. "We arrived and suddenly it was just swedes and celery. The most amazing celery I've ever seen, but still..." She says she's learning to be more disciplined in her planning and is relishing the freshness and flavour of what's at hand. "I'll probably be fed up with rhubarb and apples by October though," she laughs ruefully.

As with her offerings at Sotheby's, Laura says her new menus are inspired both by these seasonal abundances as well as her growing list of local suppliers. This week Coromandel grapefruit became marmalade, which in turn made its way into a wonderfully tart ice-cream served with a luscious sticky date pudding. Julian Downs from Rannoch Meats brought in bavette steaks, which Laura serves rare and succulent with golden triple-cooked chips and aioli.

"At first I thought I'd be lost for a cold smoked fish for my kedgeree but then we found the blue cod at Hoki Smoke. It's as close as I can get to the haddock in the UK, so I'm really pleased with that," she says. And though she initially panicked about the lack of a double cream option in this country, she says that she's getting along just fine with the standard-issue single cream supply.

A couple of nearby apartment dwellers had asked her whether Wellington was ready for "such strong flavours." But Laura is staying true to the recipes she developed at Sotheby's. "My food philosophy is to keep it simple and delicious – reach the peak of flavour." Any tweaking, she says, has been to adjust to the availability of ingredients rather than to suit a New Zealand palate.

Within just two weeks of opening, Laura's kedgeree had its own Twitter following and the chef has had calls on her day off asking if her cheese scones are available. (Rumour has it they're now regarded as the best in Wellington.)

At the beginning of each week, the Field & Green team takes part in 'Tuesday Tastings'. With a different menu on offer weekly, Laura takes time to talk her staff through new dishes and ingredients. Flavours are identified, notes are taken and the plates are all but licked clean.

Diners can also sit alongside the open-plan kitchen. Laura says after several years of cooking in a basement, she is always thrilled to see her customers as they arrive. "When I see people walk through the door I'm ready, instead of being the last to know."

Raechal says Field & Green reflects the values of generosity and authenticity. That doesn't mean large plates and giant servings, but rather a commitment to be generous to all: their staff, customers and suppliers.

"There's a warmth when you eat here. In here," she says as she taps at her heart, "as well as in your belly."

Field & Green — 262 Wakefield Street, Wellington
www.fieldandgreen.co.nz

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APPLE, HAZELNUT AND ROSEMARY FRANGIPANE TART
[recipe page 38]

A talent for tarts

The women behind the French pastry stall at Auckland's La Cigale Market might not have had any professional training, but there's nothing amateur about their products.

Story by Alice Galletly. Photography by Aaron McLean.

If you've ever visited the Amandine stall at La Cigale French Market in Auckland's Parnell – perhaps to pick up a fresh fruit tart or one of their famous chocolate éclairs – you might have seen a young woman with red hair and tattooed arms delivering a tray of freshly-baked pastries to the stand.

This is Frances Lind, the 23-year-old daughter of La Cigale founders Elizabeth and Mike Lind, and owner of Amandine. This might come as a surprise if, like me, you expected someone older, trained in pastry and possibly even French, to be running the show.

"I had no idea what I was doing when I opened Amandine," Frances confesses when I meet her and her assistant, Jess O'Reilly, at La Cigale on one of their days off. "I'd had no proper training whatsoever – in fact, I still haven't!" she laughs.

This is quite difficult to believe. For those who have never visited, the pastries at Amandine are exquisite: frangipane tarts topped with poached pears, orange, saffron and almond; miniature lemon-curd éclairs; and crème pâtissière-filled buns sprinkled with hazelnuts.

But it's true, insists Frances. Before starting Amandine three and a half years ago the only cooking experience she'd had was (ironically) performing cooking demonstrations in the La Cigale home kitchen shop.

"Mum and Dad just said, 'Could you do this for us? We think it would be really great.' So I did – really simple stuff like pasta at first, and then I started baking things like tarte tatin, and realised I was pretty good at it!"

At the same time that Frances was honing her patisserie skills in front of an audience, the owner of a baking stall at La Cigale left, leaving a gap for pastries at the market. Again, it was her parents who encouraged her to step up.

"They just said, 'Why don't you give it a go? You never know what could happen,' and so I started looking through Mum's cookbooks and experimenting."

Frances, who is laid-back and very modest, makes it sound as though anyone who can look up "crème pâtissière" in a recipe index could start their own pastry business. It's clear from talking to her, however, that she had plenty of raw talent to begin with.



Jess O'Reilly and Frances Lind









ABOVE, FROM LEFT: Making the apple, rosemary and hazelnut tarts is a labour of love; the chocolate éclairs are another favourite at the market.

"Of course, because my parents own La Cigale and we travelled to Europe a lot, I've spent my whole life around good food," she says. "I definitely have a good sense of what flavours will work together."

As well as having a well-trained palate, Frances confesses to being a "total perfectionist" when it comes to how her products are made and presented. "Right now we're doing these apple, hazelnut and rosemary tarts that take so long to make. I insist on hand-slicing the apples instead of using a mandolin so that each slice is perfect. But I think it's worth it because they look amazing!"

The market, which sells organic fresh produce as well as specialty French items, has proven both a useful resource and source of inspiration for her baking. "Right from the beginning my big thing was going to be fresh fruit tarts, and because we had all this amazing fresh produce at the market it just started to fall into place," she says. "I've also been lucky to have so many great chefs working at the market, they've given me plenty of guidance."

While these days Frances and Jess make around 600 pastries for the weekend market, production was slow to begin with. "When I first opened I would make about 50 tarts for the whole weekend, which would take two days full to prepare," says Frances. Each week she would manage to make a few more, and every time they would sell out.

"I was actually a bit overwhelmed by how fast it grew," she says. "I was freaking out because I still didn't feel completely confident in myself as a cook."

It wasn't long before Frances' friend, Jess O'Reilly, came on board to help out. They met while Jess was working in the La Cigale café, and she would help Frances in the Amandine kitchen when it was quiet. Jess soon left the café and joined Amandine as an employee, a role she describes as "the best job ever".

"It's really fun," says Jess. "The job changes all the time and we have control over everything, which is awesome. We both miss having weekends a bit, but at the same I really love being here for the market."

Frances and Jess spend Thursday and Friday mornings in their upstairs kitchen at La Cigale, which was Frances' father's workshop, before he surrendered it to his daughter's business. These days are spent prepping the various elements of the pastries, which includes hand-whipping 30 litres of crème pâtissière ("It takes about three hours," says Frances, "I've got one freakishly large muscle now..."), poaching fruit in fragrant concoctions and making choux pastry. On market days the pair is back in the kitchen again, assembling tarts, filling éclairs, and baking everything fresh to be sold at the stall.

"Everything we do is a labour of love," says Frances. "I can't stand the thought of something sitting in a cabinet all day; I want everything to be as fresh as possible and for it to look absolutely beautiful."

The love that Frances and Jess put into each of their pastries pays off. Every weekend, market-goers form queues at the Amandine stall, snapping up every tart and éclair until there are none left.

"We had one guy who was coming in every single week – both days – and buying at least two éclairs," laughs Frances. "I have to say I think they're probably the best around, so it's understandable!"

Despite having developed a loyal fan base in Auckland, Frances says a move across the ditch is possibly on the horizon. "I spent the summer in Melbourne and realised the world is a bigger place than Auckland, and that Amandine would do really well over there," she says.

"It definitely won't be for a while," she assures me. "I still have a lot of learning to do, and I need to save a lot of money."

At just 23, it's understandable that Frances might want to spread her wings and leave Auckland – but anyone who has ever tasted one of her pastries will know it would be a great shame.

So, if you ever visit Amandine and notice a girl with red hair and tattooed arms darting out from the back kitchen, please: ask her not to move to Australia.

Amandine — www.facebook.com/amandinenz

See over for Frances Lind's Apple, Hazelnut and Rosemary Frangipane Tart





Apple, Hazelnut and Rosemary Frangipane Tart

Use a good quality purchased sweet short crust pastry for an easy and quick alternative to making your own.

400 grams sweet shortcrust pastry, defrosted

Frangipane

250 grams unsalted butter, cubed
250 grams caster sugar
250 grams ground hazelnuts
50 grams plain flour
3 eggs
dash of rum
3 sprigs fresh rosemary, roughly chopped

To assemble

6 Granny Smith apples, cored and thinly sliced
50 grams unsalted butter
20 grams caster sugar
leaves from 2 sprigs rosemary

To serve

handful of toasted hazelnuts, slightly crushed
rosemary leaves
3 tablespoons strained apricot jam, for glazing (optional)

6 × 10cm loose-bottomed fluted tart tins

Preheat the oven to 180°C.

Roll the pastry out on a well-floured bench until it is roughly 30–40cm long. Cut into 6 squares.

Lay each square of pastry over each of the tins and gently press down so the pastry lines the inside. With your palm, press the overhanging pastry against the edge to remove it.



Line the pastry with baking paper and fill with pie weights or dried beans. Blind bake for 10 minutes. Remove from oven, remove the weights and baking paper and return to the oven for 5 minutes or until golden. Set aside to cool, leaving the pastry cases in the tins.

Frangipane: Beat the butter in an electric mixer until soft. With the motor running, add the sugar, the ground hazelnuts and then the flour, eggs and finally the rum. The mixture should look light and fluffy.

Fold in the chopped rosemary with a wooden spoon.

Spoon the frangipane into the cooled tarts, ensuring it reaches the edges and is level with the rim of the tin.

Spiral the sliced apples around the tart, overlapping each new piece on the last. You should be using nearly a whole apple on each tart.

In a saucepan, melt the butter, sugar and rosemary leaves until the mixture is bubbling. Drizzle the butter mixture evenly over each tart. Try to avoid getting any between the case and the tins.

Bake the tarts for 25–30 minutes or until the apple edges are becoming lightly charred and the frangipane is cooked. Remove from the oven and rest for fifteen minutes on a cooling rack. Remove from tin cases.

For a more rustic look, we like to leave the tart unglazed and sprinkle hazelnuts and rosemary over the surface. However, if you're baking to impress, use a pastry brush to glaze with jam until tarts are glossy and then garnish with hazelnuts and rosemary. Serve the tarts hot or cold with plain yoghurt or on their own.

Makes 6 tarts

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A ROLE TO SAVOUR

In the twenty years since he first knocked on the doors of Church Road Winery, Senior Winemaker Chris Scott has become recognised as the maker of some of New Zealand's best wines. We find out what drives him, and why he loves Church Road.

It's a good thing that Chris Scott isn't a little more organised.

If he was, he might have stuck with a degree in business management 20 years ago, instead of switching careers and going on to craft some of New Zealand's best-loved wines. "I was heading down the accounting path and that really didn't sit comfortably with me," says Chris, who was named New Zealand Winemaker of the Year in 2013 by *Winestate* magazine. "I'm not the most organised person in the world and I have a strange feeling you probably should be to be an accountant!"



Chris' interest in wine started at university with the revelation that there was "more to it than just white and red" and quickly ripened into a full-blown obsession. He quit his business degree and started the Bachelor of Wine Science at EIT Hawke's Bay, working at Church Road vineyards in the summer months.

Two decades on, Chris has risen through Church Road's ranks from cellar hand, to Winemaker, to become Senior Winemaker. He says he can't imagine being anywhere else.

"Church Road has character," he says. "It's one of New Zealand's oldest wineries [established in 1897], not a big, new shiny factory, so it's a really nice environment to work in. It's also got a real family feel – there are only 10 of us here in production, and most of us have been here for a very long time. We get along – most of the time!"

From a winemaker's perspective, he says it's the exceptional standard of fruit and the team's shared commitment to quality that makes Church Road a great winery to work for. "As well as having great sites, we have a huge amount of experience in the viticulture team – some of them have been in the industry 40 years. And we're all on board with the fact this is a quality, not quantity, operation. We're lucky in that we don't have to cut corners."

Although Chris might make it sound like his job is easy – simply a matter of bottling great fruit to make great wine – it's his talent and experience



Tuki Tuki Valley, Hawke's Bay

and that of his team that gives Church Road wines complexity and depth.

"Our wines have a very textural quality about them, and the focus for that came from quite a long association with French winery, Domaines Cordier, from Bordeaux," he explains.

Church Road worked with Domaines Cordier in the 90s, at a time when many New Zealand wineries were being influenced by Australian winemakers.

"For them [the Australians] the focus was on preserving varietal character, so it was about taking the flavour of the grape and locking it up in a bottle. The French came with a totally different approach: their winemaking was a lot less technically safe and their focus was on texture and mouthfeel."

This focus on texture remains central to Chris' winemaking approach today. It's guided him in the subtle evolution of Church Road Chardonnay, and in the creation of iconic Church Road wines like TOM Cabernet Sauvignon Merlot.

"Church Road wines are not one dimensional; you don't pick up a glass and smell one single fruit flavour," he says. "They're full of body. They have richness and viscosity on the palate, and to balance that richness they have a lovely backbone and dry, fine-grained tannins."

With so many years' experience at Church Road, it would be easy for Chris to rest on his laurels, but that's not an option for the passionate winemaker.

"I don't think any winemaker ever knows everything they need to know", he says. "Most winemakers will work about 35 to 40 vintages in their life, which is like a chef cooking dinner that many times. Vintage comes around once a year, and that's your chance to experiment as much as you can."

On any given day outside vintage, you might find Chris walking in the vineyards tasting grapes, sampling juice from the barrels in the cellar, or hosting an event in the Church Road Restaurant.

"One of the things I love about being a winemaker is it's a jack-of-all-trades," he says. "You have to know a bit about science, a bit about engineering, a bit about marketing... You're not an expert on anything other than winemaking," he laughs, "but you know just enough to be dangerous."

WIN!



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Terms and conditions: Competition ends 5pm Friday September 25 2015. To enter you must be 18 years or older. The winner will be notified by phone. Competition is open to NZ residents only. Employees and families of Church Road and Tangible Media are not eligible for entry. Conditions of travel: Prize is two return economy flights within New Zealand, ex Auckland, Wellington or Christchurch. Accommodation is one night twin-share. Prize winner and travelling companion must be 18 years of age or older. Prize must be taken by 1 March 2016 and is subject to flight availability. Prize is not redeemable for cash. Please enjoy Church Road wines responsibly.

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MISO & ROSEMARY CRACKERS
[recipe page 46]

A whole lot of *love*

A childhood of green smoothies and exotic superfoods meant Olivia Scott was interested in plant-based cuisine long before it was fashionable. Her recipes feature in a new cookbook showcasing New Zealand women transforming the local food scene with their love of unadulterated wholefood.

Story by Alice Harbourne. Photography by Bronwyn Kan.



Like many of the women with whom 23-year-old Olivia Scott is profiled in Bronwyn Kan's cookbook, *Whole*, her business began life on social media. In 2013, she posted a photo of a raw Beetroot, Cacao and Ginger 'cheesecake' on Instagram, with the caption '#rawcakes'. A few more photos later and Olivia had gained a small but captive audience of raw food fanatics who wanted to know where they could buy her interestingly flavoured cakes.

Armed with a camera phone and a desire to replicate indulgent flavours like salted caramel and chocolate, but without dairy, sugar or gluten, Olivia got to work soaking dates, blending nuts and pulverizing fruit to create prettily decorated cakes that made the raw food community swoon. "I was studying nutrition at the time, so making cakes was just meant to be a side project. In exchange for a bowl of Bliss Balls a week, a café around the corner from my flat lent me their kitchen in the evenings."

Cake planning began to take up Olivia's days too, and with a rapidly expanding list of café customers to supply, demand quickly outgrew her capacity. Eight months into the project she decided to leave university, employ an assistant and rent a commercial kitchen. "I had 15 customers at this point, and none of them knew I didn't even have a car! I would get the bus to the wholesalers and do my deliveries on foot, sometimes even by taxi."

Given this level of dedication it's not surprising that within a year, and aged just 22 at the time, Olivia had saved enough money to buy a business on Auckland's Ponsonby Road and turn it into The Raw Kitchen café in December 2014. With the help of her partner, Joss Jenner-Leuthart (formerly Auckland Director of Mojo Coffee), the pair stripped back the previous café's interior to reveal white ceramic brick tiles that they treated with the same pared back aesthetic of Olivia's cakes: colourful, simple and pretty.

With a few vintage light fittings and furniture additions from industrial antique importers The Vitrine, The Raw Kitchen was ready for business, offering a cabinet of sweet and savoury items and a blackboard full of liquid 'elixirs', smoothies, juices and even exotic hot drinks, like Turmeric Lattes made with almond milk and coconut sugar.

Olivia's style of food resonates with the group of New Zealand women with whom she is featured in *Whole* – they all share her passion for delicious food made from natural, plant-based ingredients. In fact, for a brief period she shared a kitchen with fellow contributors Hannah Horton and Eleanor Ozich of Kingsland café Mondays Wholefoods, and knew of Jordan Rondel (The Caker) through social media. "Auckland's small like that," Olivia explains, "when you're in such a specific industry everyone knows each other."

ABOVE: Olivia sits in her Ponsonby café, The Raw Kitchen, which she opened in December last year.



ABOVE: Eleanor Ozich from Mondays Wholefoods is another contributer to *Whole*.

While raw food is clearly having a moment, Olivia's passion goes back to her childhood. "My love of raw stems from my grandma. She was a naturopath and lived on Rakino Island in the Hauraki Gulf. There were no shops so she had no choice but to grow everything she ate. My mum says she used to be sent to school with crazy concoctions for lunch, bright green soups and nuts and seeds, which means that style of food is just normal to me."

It's a diet that seems to lend itself naturally to summer eating, but Olivia is sure that raw food can still be comforting in winter. Her raw 'lasagna' perfects the traditional textures of the dish with nut and vegetable substitutes for the meaty, glutinous elements, but maintains a level of heartiness that apparently totally satisfies. In winter, The Raw Kitchen offers hot homemade soups in seasonal flavours, but she's quick to explain that juices are even more popular at this time of year than in summer: "People have often had a rich pasta dish for dinner the night before and so at lunch they crave something light, fresh and raw."

It's easy to see the appeal – Olivia's 17,000 Instagram followers do – and so there's no doubt that her next venture with Joss, a juice bar in the newly opened third level of Auckland's City Works Depot, will be another roaring success.

Moroccan Spiced Pearl Barley Salad

Recipe by Hannah Horton & Eleanor Ozich of *Mondays Wholefoods*

A hearty salad packed full of vibrant and fragrant flavours. We have used a base of pearl barley as we love its fantastic texture, although it can also be made with quinoa or brown rice as a gluten-free option.

2 cups (400 grams) pearl barley, rinsed, or quinoa/brown rice for a gluten-free option
4 cups (1 litre) vegetable stock
3–4 large handfuls of fresh herbs such as mint, basil, coriander, parsley
½ cup (80 grams) dates, diced
½ cup (80 grams) dried apricots, diced
1 red onion, finely sliced
1–2 sticks of celery, finely sliced
¼ cup (40 grams) sundried tomatoes, finely sliced
½ cup almonds (80 grams), sliced
2 tablespoons sumac
2 teaspoons fennel seeds
1 tablespoons dried chilli flakes
2 teaspoons cumin seeds
¼ cup (65ml) olive oil
juice of 2 lemons
sea salt and cracked black pepper, to taste
fresh herbs, to garnish

Combine the barley and stock in a large saucepan over medium heat. Bring to the boil and then simmer uncovered until all of the liquid has absorbed (about 30 minutes).

Transfer to a large bowl and leave to cool completely.

Add the remaining ingredients and toss well. Season to taste with salt and pepper, and garnish with fresh herbs. Serves 6–8



MOROCCAN SPICED
PEARL BARLEY SALAD



Raw Kasundi Sauce

Recipe by Hannah Horton & Eleanor Ozich of *Mondays Wholefoods*

Kasundi is a rich and flavourful tomato preserve or pickle of Indian origin. It has a brilliant chilli kick and depth of flavour thanks to the added herbs and spices, while the apple cider vinegar adds a fruity tartness. Once you have kasundi in the fridge, you'll never want to be without it! We adore it slathered on sourdough toast with avocado. It also goes particularly well with cheese in a toastie.

2 thumbs ginger
3 cloves garlic
¼ cup (65ml) apple cider vinegar
1 cup (150 grams) sundried tomatoes
1 capsicum, roughly chopped
⅓ cup (65 grams) coconut or muscovado sugar
⅓ cup (85ml) olive oil
1 tablespoon turmeric
1 tablespoon sumac
1 teaspoon chilli flakes
1 tablespoon sea salt
1 teaspoon cracked black pepper

Place all ingredients into a blender or food processor and blend until smooth.

Transfer to a glass jar or container to keep.

Will keep in the fridge for up to 2 weeks. Makes 1 large jar

Miso & Rosemary Crackers

Recipe by Olivia Scott from *Raw Kitchen*

I find miso a perfect addition to add depth and saltiness to a dish. These crackers have a lovely savoury flavour and I love pairing them with some avocado and sauerkraut. The addition of rosemary fills the house with an amazing scent!

2 cups (300 grams) buckwheat, soaked for 4 hours, rinsed and drained
½ cup (75 grams) sesame seeds
½ cup (75 grams) linseeds
½ cup (65 grams) ground almonds
1 teaspoon sea salt
2 tablespoons tamari
3 tablespoons olive oil
3 tablespoons miso paste
1 tablespoons fresh rosemary leaves
sunflower seeds or seeds of choice, for sprinkling

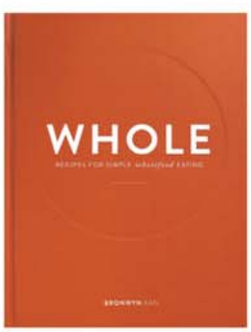
Blend all the ingredients, apart from the rosemary leaves and the seeds for sprinkling, in a food processor until sticky.

Press the mixture onto a lined dehydrator or baking tray. Use a spatula or your fingers to work the spread into a height of 0.5mm.

Score the top of the spread horizontally and vertically into squares with a knife so that the crackers break cleanly and easily once dry.

Sprinkle over the fresh rosemary leaves and seeds of your choice.

Leave in a dehydrator for 8 hours at 46°C or in an oven for 30 minutes at 180°C. Makes 20



WHOLE: Recipes for simple wholefood eating is a showcase of New Zealand's best wholefood bloggers and entrepreneurs compiled by Bronwyn Kan. Available now, RRP$44.99



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Culinary conversation

There's a rumbling in New Zealand's food community that's set to become a roar, if chef Giulio Sturla has his way. VICTORIA WELLS explains.



Food photography by Meredith Dyer

"I don't think that New Zealand really has a [food] identity that's globally recognised," says Kiwi chef Matt Lambert, over the phone from his Michelin-starred New York restaurant, The Musket Room. "You can't point to any one thing and say 'That's Kiwi'. The things we do hold onto are special to us, but I don't think you could identify them as wholly New Zealand."

It's a debate that has swirled for years: what is New Zealand cuisine? And while lamb and sauvignon blanc are held up regularly overseas as examples of some of this country's best culinary offerings, things have moved on. Consider instead a syrah from Hawkes Bay's Gimblett Gravels, a truffle from North Canterbury, a Bluff oyster, or even our grass-fed beef. Fred Dagg really was onto something when he said we don't know how lucky we are.

The notion of New Zealand cuisine could become a lot clearer, thanks (somewhat ironically) to Chilean-born chef Giulio Sturla. Giulio has been in New Zealand for six years and, with his partner Christy, owns Roots Restaurant in Lyttelton – a 20-seat establishment that has just been awarded New Zealand Restaurant of the Year 2015. He has made it his business to know New Zealand's local produce, offering a degustation menu based on what's available from sustainable local farms, and foraged ingredients.



MATT LAMBERT

Giulio ignored the naysayers who told him a restaurant concept like Roots could never succeed, instead placing his faith in what he had seen while working at Michelin-starred restaurant Mugaritz in Spain's Basque Country, under head chef Andoni Aduriz. "He is so inspiring and he made me do this restaurant because he told me: 'People will go to you because of the food. No matter where you are. You just make the food – focus on that and you will get it.'"

Mugaritz was one of the restaurants at the forefront of the Spanish culinary wave that swept the world in the early 2000s, and it was here that Giulio saw how discussion could open up new discoveries and thinking. It was an idea he could see potential for in his new homeland after opening Roots in 2012. "We felt quite far away from hospitality in New Zealand. [I thought] 'I need to know who is here and who is doing something.' It seemed nobody was getting together."

In late 2014, Giulio emailed 100 people in the food industry suggesting they do just that. The groundswell of support he received from that initial email proved he was onto something. Five months later, in May of this year, Giulio and fellow chef Michael Meredith co-hosted the first day of ConversatioNZ talks in Christchurch for an audience of over one hundred people.

ConversatioNZ is a movement designed to connect all facets of the food community (chefs, farmers, growers, suppliers, writers, researchers and scientists among them) through discussion, so they can explore, collaborate, and showcase New Zealand food and ingredients. It has a dual role: to take New Zealand cuisine to the world, but also to raise awareness of food production and access to food in New Zealand for the benefit of those living here.

Discussions on that first day ranged from developments in foraging, to sustainable fisheries, and opportunities for food tourism. Matt Lambert travelled from New York to speak at the event and says there is an amazing opportunity for the local food industry. "We have a really cool starting point because we're not so deeply rooted in tradition; we can get started in 2015 and create some cool shit. Half of what makes us who we are is the fact we aren't so tied to any sort of traditions."

The day ended with a resolution to create a New Zealand Food Manifesto: founding principles and values to guide their work going forward. "A manifesto," says Giulio, "that takes into consideration the people, culture, agriculture and economics, placing first our wellbeing and interconnection with the environment. From there everything will happen, because if you follow these things then we will go in the same direction."



"I need to know who is in New Zealand and who is doing something. It seemed nobody was getting together."

— GIULIO STURLA

A manifesto of this kind isn't new when it comes to food, and international examples show it's one with huge potential: in 2004 a group of chefs met in Copenhagen to create the New Nordic Kitchen Manifesto – a 10 point plan designed to give the region's food fresh appeal to local cooks, to celebrate its heritage and production and put it on the



ABOVE: Eel/buttermilk/hazelnut/plum from the first ConversatioNZ 'Cook Up' dinner series, a collaboration between Matt Lambert and The Musket Room at Roots Restaurant on 5th and 6th of May. **OPPOSITE:** Oyster/rose vinegar



Rabbit/onion/carrot/
wild greens/linseed

"We've got the chance to create history, and I think that's pretty special."

— MATT LAMBERT

global stage. Nordic food is now synonymous with cutting edge cuisine thanks to a concerted effort by its chefs and the flow-on effects of its success stories, such as Noma, the Copenhagen restaurant that has been voted World's Best Restaurant four times since 2009. Its chef, Rene Redzepi, is famed for his innovative use of seasonal ingredients that capture the distinctive Nordic regions and has inspired a new generation of chefs.

In Peru, chef Gaston Acurio started his own movement, '*Cocina Novoandina*' (new Andean cooking), which brought local chefs together to learn more about the ingredients on their doorstep and to build relationships with local suppliers. In 2015, Peru boasts three restaurants in the World's Best Restaurants line-up.

The Nordic and Peruvian movements succeeded by securing demand for local produce, thus benefiting their agricultural sectors, and increasing in-bound tourism with the surge in global interest in their food, which also brought opportunities for local industry.

New Zealand has the benefit of chefs already passionate about local produce and Matt says it's important to acknowledge their work. "You look at chefs like Martin Bosley, Geoff Scott, Michael Meredith, Jonny Schwass – these are guys who have all been using local ingredients in very unique ways for a very long time, but not calling it anything in particular, just doing it."

Now, New Zealand has an opportunity to maximise its potential with a cohesive approach. With input from the culinary community, the ConversatioNZ team has created an 11-point Food Manifesto that promotes culture, biodiversity, innovation, pride and interconnection.

Giulio says Maori food heritage forms an important part of that discussion. "It's about respecting what has been done already. Everything that is new needs to follow what has gone before."

Matt agrees that Maori food culture is at the root of New Zealand cuisine and could hold the key to new discoveries. "I'm sure there are dozens of ingredients that are bountiful in New Zealand that we don't know about because people were eating them to live, whereas now... you don't need to grow that [ingredient] anymore because you can make more money from sauvignon blanc grapes. That's going to take a little more research... you need historians from iwi who will know about what's been grown in their respective regions."

Serendipitously, the birth of ConversatioNZ has coincided with funding of the Tupuna Kai Project. Due to launch in late 2016, it will be an online national database of traditional Maori ingredients, with information on their benefits as well as how to grow and prepare them. Giulio says it is enterprises like this that will help progress their work, as long as they are aware of them. "I feel there are so many great projects around New Zealand that are not being communicated. The benefit will be for everybody, then we can get all this information about food."

Funding will be crucial; the Nordic and Peruvian programmes had backing from their respective governments. It's also interesting to note that The World Tourism Organization's *2012 Global Report on Food Tourism* acknowledged that: "The growth of food tourism worldwide is an obvious fact. It is one of the most dynamic segments within the tourism market." In a country where the Prime Minister is also responsible for the tourism portfolio, will Giulio and his counterparts seek similar support for their ideas?



MICHAEL MEREDITH

"We would like to have the government support because in the end it's the people's support," says Giulio. "I want them to feel that it's not about having just a private company sponsoring ConversatioNZ. I want New Zealanders to understand that this is for them."

"We're trying to bring people to New Zealand to eat good food," says Matt. "Maybe forget about hobbits, because at some point people will stop caring about a movie. Plant the seeds for the future. Cheesy as it sounds, we've got the chance to create history, and I think that's pretty special."

As Giulio told the audience at the first day of ConversatioNZ talks: "Let's envision New Zealand as the place to come and enjoy real food, with the best produce that this land and ocean can offer, choosing what is made here with honesty and respect to support local farmers and producers. This is the strongest step to support our economy, individuals, families, and businesses."

There is now a framework, a growing community of support and a desire for progress. Further discussion and sharing of ideas and knowledge will be key to keeping this conversation going.

"It could be a really good thing for Kiwis, representing their food and their culture," says Giulio. "This is such a great place to do things. We just opened a door, and everybody came in."

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sharpen up

a guide to buying and caring for kitchen knives



Cooks Knife 21cm Premier from House of Knives (www.worldofcutlery.net). Peter Lorimer Paring Knife with Bone, and Peter Lorimer Herb Knife with Wood from Sabato (www.sabato.co.nz). Boning Knife 13cm Premier, and Paring 9cm Premier from House of Knives.

Photography by Bryce Carleton. Styling by Fiona Kerr.



"A well-made 20 centimetre cook's knife will do 95 per cent of the cutting you need to do in a kitchen and it is an absolute workhorse. A cook's knife is where I recommend that people invest the most money. They'll use it time and time again."

They are the workhorses of every kitchen – so how do you choose when it comes to buying knives? NICOLE CURIN BIRCH has some advice.

There is no single kitchen tool that is used more frequently than a knife. Bought wisely and looked after well, a good knife can last almost a lifetime. On the other hand, some knives can become useless after a year or two, depending on the calibre of the make and how it is kept. The trick to a successful purchase is in understanding your needs and how best to meet them. If you're in the market for a new knife or two then our guide will help you make the best choice for your kitchen.

TYPES OF KNIVES

Cook's knife

After dealing with thousands of customers over the years, general manager of specialty store The House of Knives, Shannon Fryer, says most home cooks can get away with owning just three knives and a steel – but that at a pinch, one good knife should be able to do almost all the jobs.

"A well-made 20 centimetre cook's knife will do 95 per cent of the cutting you need to do in a kitchen and it is an absolute workhorse. A cook's knife is where I recommend that people invest the most money. They'll use it time and time again."

Typically, a cook's knife is between 20 and 30 centimetres long and about five centimetres wide, tapering softly away to an almost bull-nosed point. These knives can do nearly everything, from chopping pumpkins to finely mincing garlic and slicing strawberries. Their heft means they are designed to be used in a rocking motion (as opposed to sawing) with either the base or the point remaining in constant contact with the cutting board.

Utility knife

Shorter than a cook's knife, at about 16 centimetres, and half the width, these are great for slicing tomatoes, meat, fruit and vegetables. However, due to their finer blade they are not recommended for chopping root vegetables as they may snap.

Bread knife

This is a long knife (20 centimetres plus) with a serrated edge that is used to slice bread in a sawing motion, without squashing it in the process.

MATERIALS

Once you know what style of knife you need, the next step is choosing the material from which it is made.

Carbon steel

Many serious chefs swear by carbon steel because it can be used to create an extremely sharp edge. However, carbon steel blades are high maintenance as they stain and rust if they come into contact with anything acidic and aren't cleaned straight away. They also need to be honed daily to maintain an edge.

Stainless steel

This is the most common material used commercially by knife makers and the least expensive. On the plus side it is easy care and won't stain or rust. On the downside it isn't as sharp, so has difficulty maintaining an edge and can be softer than other metals, and lack oomph.

Stain-resistant high carbon

Shannon recommends stain-resistant high carbon to his customers as it combines the best qualities of stainless and carbon steels. It's sharp but less sensitive, and strong but flexible enough to be less prone to snapping and chipping. However, it can rust over time if not cleaned properly.



Chef Knife 21cm Red Spirit from House of Knives.



Paring 9cm Premier from House of Knives. Peter Lorimer Carving Knife with Wood from Sabato. Boning 15cm Knife from House of Knives.

Ceramic
These can be made just as sharp (and some claim to be sharper) than steel knives, are lighter to hold and will, of course, remain rust-free. The downside is that if dropped they will likely shatter.

Damascus steel
Traditionally hand-forged and layered, Damascus steel is a combination of high and low carbon and is used primarily when making bespoke artisan knives, particularly Japanese knives.
The composition creates a wavy, layered look on the blade that gives a nice visual effect, but offers no technical benefit. As with high carbon steel, Damascus steel needs to be looked after very carefully.

Stamped versus forged
A stamped knife is punched out of a sheet of steel, much like a cookie is cut from rolled dough. While this means the knife is all in one piece, it doesn't carry as much weight as forged knives. A recent alternative to stamping is laser cutting, which can cut through heavier pieces of steel with more precision. Forged knives are the crème de la crème of knives and as such come at a premium cost. The starting cost for a forged cook's knife is about $160. Forged blades are created through a process of repeated heating, folding, and cooling. These knives tend to be denser, with better balance and edge retention.

Japanese versus European
Japanese chefs will have a knife for almost every job in the kitchen. Generally crafted from forged or Damascus steel, Japanese knives are often made by artisan knife makers whose families have been in the business for generations. Unlike European knives, they are single-bladed, which means you have to buy to suit your hand preference (left- or right-handed). Japanese knives are harder than European knives, meaning they are sharper but also prone to snapping. They are best used for slicing and delicate work. European knives, on the other hand, are much more robust. They are good, everyday workhorses and are better for chopping. Being double sided means they can be used by both right- and left-handed people.



TIPS:
Stain-resistant high carbon forged blade knives will generally be the best investment. It also pays to consider the tang. A full tang knife means the steel extends all the way back through the handle of the knife, making it stronger and more stable. The best knives have a full tang.

KNIFE CARE:

- The essential accompaniment when purchasing a knife is a steel. A common misconception is that a steel will sharpen a knife. Instead, if used properly, it will hone the blade, straightening it while maintaining the knife's efficiency. Knives should be honed on the steel daily and, if done correctly, the edge of the knife should stay sharp for up to 18 months before needing professional sharpening.
- Never put your knives in a dishwasher. Wash with soapy water, then rinse and dry carefully with a tea towel.
- Do not place knives together in a cutlery draw. Instead, use a good quality knife block or a magnetic strip to prevent knives from banging together.
- If you like to take your knives away with you, invest in an edge guard (a bit like a sheath) and a knife roll to prevent any breakages.

NIC WATT, MASU

Having spent his culinary career dedicated to Japanese cuisine, Nic Watt certainly knows how significant knives are to Japanese chefs. "The Japanese are known for their knives and they have huge collections of them, some costing thousands of dollars," says Nic.

His favourite from his own collection was gifted to him by the first executive chef he worked for in Tokyo. "After more than a year in his kitchen, one morning he took me down to the fish markets for fresh sashimi. While we were there we passed a knife shop and Kuwa Hara San had a conversation in Japanese with the knife maker. After our meal we went back to the knife shop and my chef presented me with a handmade knife. His arms were outstretched and his palms were facing up and it was such a huge honour for me, especially the way he presented it. He said he was giving me the knife because I was the only white guy who could stick it out in his kitchen for 18 months. It's my favourite knife and I keep it at home and use it every day."

DARIUSH LOLAIY, CAZADOR

As a hunter and a chef, Dariush has been around knives all his life so it's no surprise that he collects them. The first was a German Wusthof knife when was 18 and it's still used on a daily basis at Cazador.

He recently fell in love with a rare online find. "I've just managed to buy a boning knife that was made in a pre-World War II knife and kitchen supplies factory that was converted into an arms factory for the army. This is a carbon steel knife so I have to take extra good care of it, but it's really beautiful," says Dariush. "Another of my favourites is a 1960s Sabatier paring knife that comes from Paris and is exactly the same type that Julia Child used. I love that they carry a little bit of history."

Paring Knife 8.5cm from House of Knives. Santoku Knife 18cm 1893 from House of Knives.



by **JULIE BIUSO**

In season: celeriac

In the first of a regular series dedicated to how to prepare and serve the best of seasonal produce, food writer JULIE BIUSO suggests delicious ideas for this often overlooked ingredient.

It's lovely to be in *Dish*, talking about my favourite foods. Celeriac is one of them, though it is often passed over by shoppers because it looks uninspiring. Not so! Celeriac is a tasty and useful winter vegetable, but, admittedly, is unlikely to win a prize for its looks. With roots and foliage lopped off it's easy to ignore, tucked alongside other winter staples. But freshly pulled from the earth, covered in a fine fuzz of dirt and tiny roots, at its crown a mass of green aromatic, spicy celery-like leaves, it is a thing of beauty. The smell is intoxicating: like fresh celery mingling with earthy whiffs of parsnip and freshly chopped parsley. It makes you want to cook it. "Take me," it says, "to the kitchen." And so now to the kitchen we go.

If you have a spanking fresh specimen – and you can tell because the green stubble on top will look sprightly and the skin (though leathery) will be taut – you can serve it raw. The texture is part-way between a raw parsnip and spongy apple. Don't be dismayed, it'll taste good, like mild celery with nutty overtones.

You need a sturdy knife with a deep heel. (The heel is the part of the blade by the handle.) Trying to cut celeriac with a thin-bladed flimsy knife is downright dangerous. Have a bowl of cold water sharpened with the juice of half a lemon at the ready, because celeriac discolours when you peel and cut it and the lemon juice will help slow that down.

Slice off the skin, making sure you get all the embedded roots and dirt, and cut into slices, then matchstick shapes (julienne). You'll most likely get dirt on your chopping board, so wipe it down after removing the peel. Immerse the celeriac in the prepared lemon water after cutting. Drain, shake and dry before serving. Right. What to do with it...

- Make a garlicky mayo and flavour with parsley, capers, chives and lemon zest. Serve julienned celeriac as a dipping stick with the mayo.
- Sizzle ham steaks in butter until golden and top with julienned celeriac tossed with mayo or remoulade sauce.
- Toss julienned celeriac and crisp red apple with a simple crème fraiche dressing (just thin crème fraiche with a little lemon juice or warm water, add a jot of seasoning and it's ready to go) and serve on top of crispy schnitzel or pork cutlets. Crisp a handful of sage leaves in butter until golden and scatter on top for added flavour.
- You could turn the dressed celeriac julienne into a picnic salad with chunks of smoked chicken, cooked turkey or ham and serve it on iceberg lettuce cups.
- Use a mandoline to shave peeled celeriac into ribbons, dunk in lemony water, drain and dry. Make a salad of sliced apple and watercress sprigs, dress with a lemony dressing of walnut or hazelnut oil, and top with toasted walnuts or hazelnuts and slivers of pecorino or Grana Padano.

There are possibilities aplenty, but ensure the celeriac is fresh.

At this time of year I'm into mashes. Celeriac alone doesn't provide enough bulk, but added to potato, or a swede, parsnip, potato combo it lends a delicious earthy, celery-like flavour.

Steam or gently boil vegetables separately, drain, dry off briefly in their own steam, mash by hand or pass through a mouli and beat in loads of butter and warm cream. Oh, and salt. Finish with chives or lemon thyme, or scatter with crispy nuggets of bacon or belly pork. Then, try this: spoon a big pillow of mash onto a heated platter and plonk a roasted till falling-off-the-bones chicken on top and let all the juices run into the mash as you pull the chicken apart. It's simply scrumptious.

You've probably guessed celeriac would make a great gratin as it has a penchant for cream, butter and cheese, and one smelling of garlic all bubbling and golden around the edges is a great accompaniment to a winter meal.

The only real trick here is to ensure the celeriac stays immersed in liquid until tender, otherwise it will be as dry as boot leather. Layer thinly sliced celeriac and potato with grated cheese or sizzled bacon or pancetta (or both) in a gratin dish (it's also wise to put the dish in a shallow tray in case of spillages) then season with salt. Drown the lot in cream, or cream and milk, cover with foil and cook gently until tender. Remove foil, increase heat and cook until crusty.

Another great combination is smoked fish and spring onion, but I'd partly cook the celeriac and potato first to avoid over-cooking the fish.

Soups, chowders, stews and braises are all the better for a chunk or two of celeriac as well.

For more of Julie Biuso's recipe ideas visit Shared Kitchen at www.sharedkitchen.co.nz

Photography by Bryce Carleton. Styling by Fiona Kerr.

DINE with DISH
REVIEW



CHRIS SCOTT
Church Road Winemaker

PERFECT PAIRING *of* ELEGANCE FROM CHURCH ROAD AND CLOONEY

The cool sophistication of Clooney Restaurant was the setting for a night of fine food and exceptional Church Road Grand Reserve wines.

It may have been a night of winter chill outside but indoors, in Clooney's stunning dining room, there was considerable warmth in the air as diners experienced superbly crafted wines matched to a five-course menu designed by executive chef Des Harris and his team.

Church Road winemaker, Chris Scott, was on hand to share his knowledge and passion with diners along with insights about each of the matches presented. Each dish was beautifully thought out and expertly plated to complement the flavour and complexity of the wines from the Church Road Grand Reserve collection.

Chris Scott is the winemaker at Church Road Winery, one of the oldest wineries in Hawke's Bay, founded in 1897. Chris has a passion for wine that comes through in everything he does. He knows that every small detail makes a difference to the experience of Church Road wines.

Chris rose through the winery ranks, starting as a vineyard worker and cellar hand early in his career. Gaining a degree in Wine Science from EIT Hawke's Bay in association with Charles Sturt University (Australia) he rejoined the winery in 2003, rising to Senior Winemaker and was awarded the prestigious New Zealand Winemaker of the Year 2013 by Winestate magazine.

Church Road Grand Reserve wines are produced only in great vintages and are made using small batch, traditional winemaking techniques that emphasise texture, structure and subtle complexity, while still letting the fruit shine through.

CHURCH ROAD
HAWKE'S BAY
Grand Reserve

www.churchroad.co.nz @ChrisScottCRW churchroadwinery

THE WINE & FOOD

Chris Scott shares his thoughts on two of his favourite matches:



SPLIT FARRO, SCAMPI TAIL, TENDON, PORK JUICES
Matched with Church Road Grand Reserve Hawke's Bay Chardonnay 2013

"A very clever match. The dish surprised with its pairing of perfectly cooked, delicate scampi with the robust savouriness of pork juices and split farro congee. The wine helped pull these elements together – its fresh citrus fruit tied in perfectly with the scampi, while the savoury, nutty, smoky complexity worked with the rich, savoury aspects of the dish. The best matches work to enhance both food and wine, and this was definitely one of those pairings."



NATURAL LAMB, GARLIC, DATE, OLIVE
Matched with Church Road Grand Reserve Hawke's Bay Cabernet Sauvignon Merlot 2013

"Hard to go past lamb and Cabernet Sauvignon. In this case, the lamb rack worked perfectly with this young Cabernet-based red: the robustness of the meat tamed those youthful tannins and allowed the fruit to shine through. The little pop of sweetness from the dates highlighted some of the richer dark, almost dried fruit elements of the Merlot component of the blend, and the use of olive and black garlic brought a subtle savoury seasoning to the dish that tied in with the savoury, earthy element in the wine. Another great match."

ADV2015


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Dish Tasting Panel –

Pinot Noir

The *Dish* Tasting Panel wraps up and hunkers down to find the best pinot noirs from around the country – the perfect partners for winter weather.



It seems like just yesterday we conducted our first pinot noir panel tasting – in fact, that was our first ever *Dish* Tasting Panel and it was three years ago! High time we had another look we reckoned, and the timing couldn't be better. These past winter months have seen the ducks quacking and deer on the roar. Menfolk shook the spiders out of their Swanndris and talked in code to each other on the phone, hatching plans to hunt and kill anything with fur or feathers. Leaving at dawn and arriving home late, smelling of strong drink and swelling with pride, they might drop a blood-smeared bag bearing some shot-pocked bit of bird or Bambi in the sink. Old family recipes come out, and back-issues of *Dish* are studied in the hopes of creating culinary magic – at the very least a casserole of sorts. But whatever concoction of deer or duck ends up on your table, when paired with a glass of good pinot noir even a ropey old rissole is transformed into a triumph.

The varietal's name is thought to refer to the shape of the bunch: in the form of a pine (*pin*) cone and with tightly clustered fruit. Pinot noir is often referred to as the moody teenager of the grape world. Occasionally, it realises at a relatively young age that life doesn't suck so badly and it can turn out plucky, positive and dependable. Unfortunately many stay sulky, spotty and evil-tongued for years, until by some miracle of nature they morph into something worth cooking for.

The judges felt it was important to note that many of the 2014 examples had not long been bottled before they were submitted for our tasting, so by the time you read this issue they may actually be improving, because those extra few weeks in the bottle can make a huge difference to a young wine. "Many of the 2014s did show pristine pure fruit characters, which should evolve nicely," said Jane Boyle. "I think that ultimately, the 2014s will prove to be slightly better than the 2013 wines," added Cameron Douglas. Many 2012s looked lovely as well, which shows how good producers hit the mark consistently, vintage after vintage.

155 entries were judged blind under competition conditions at AUT by six highly experienced senior judges including Cameron Douglas MS, Chloe Parkinson, James Rowan, Jane Boyle and Sam Kim. It was an intense day of tasting and the standard of pinot noirs from across the country was incredibly high, with 41 achieving 4 Stars or higher. Three of our 4½ Star wines also retail for under $25, earning them a "Best Buys" award (see over).

"What I love about Pinot is its ability to express itself in many guises," said Sam. "There's a seductiveness and complexity about the best examples that is hard to put your finger on, but once you taste it you just know. I love that there's no 'one-size-fits-all' about pinot; that a wine can be just as gorgeous whether it's in the fragrant, floral spectrum or a more savoury, earthy expression. A great pinot can be elegant and soft or big, bold and, as James Rowan likes to say, 'bombastic'."

"If I had any advice for newcomers to pinot it would be to try everything and be open-minded about what constitutes a good example," added Jane. "I'd especially encourage sceptics to keep tasting it. Believe me, the light does come on and you suddenly realise what the fuss is all about. Before you know it you've become a 'Pinotphile'."

Our Top 12 Pinot Noirs are exceptionally well made and absolutely worthy of your attention – and most definitely your wallet.

A FEW WORDS FROM OUR WINNER

"The 2013 Akarua Pinot was produced from selected blocks of our Cairnmuir Road vineyard," says winemaker Matt Connell. "Our vineyard had great stem ripeness in 2013 and that allowed me to press whole bunches, something I tend to steer away from in cooler years. The whole bunch component adds increased depth and complexity. I'm also trying to move away from older perceived notions of Akarua being purely 'fruit bombs'. This is a challenge because our soil at Cairnmuir Road is all about fine tannins and red fruit. I think my goal of building layers and age-ability into the wines will be helped by increased vine age and access to increased clonal selection from our two new sites at Felton Road and Lowburn.

"I love living and making pinot noir in Central – it's challenging, but that's what keeps it fresh. The idea that we are still really pioneering is also something very special and fun to be part of. Oh, and then there's the great fishing! Or, as I refer to it: 'checking irrigation'!"

Words by Yvonne Lorkin



THE JUDGES
(clockwise from top left)

Yvonne Lorkin – *Dish* drinks writer

Cameron Douglas MS – Senior Lecturer AUT and Master Sommelier

James Rowan – Winemaker at West Brook Winery

Jane Boyle – Wine consultant

Chloe Parkinson– Winemaker at Cable Bay Vineyards

Sam Kim – Wine writer, Wine Orbit

(NB: all wines are judged blind and the scores of judges for their own wines cannot exceed those of other judges.)

RATING SYSTEM:

GOLD ★★★★★
Superb. Strongly recommended.

SILVER ★★★★
A cut above the rest in quality.

BRONZE ★★★
A good-quality crowd pleaser.

Look for the *Dish* Tasting Panel selection sticker, which can be worn by our top wines.

With thanks to Janet Blackman and Cameron Douglas from the Professional Wine Studies Department and the AUT School of Hospitality and Tourism. For more on the programmes in hospitality, food and beverage, and hotel management visit www.aut.ac.nz

Water kindly supplied by Antipodes.

Dish Tasting Panel –

Pinot Noir

TOP WINES OF THE TASTING

1. AKARUA
Pinot Noir 2013 $42 ★★★★★
This wine makes an immediate impression. Saturated with dark berries, ripe cherry and oodles of fresh spice, "… fleshy, pure, silky and very long," noted Sam, while Yvonne was wowed by its bright core of fruit, elegant leggy acidity, bold sinewy tannins and succulence on the finish. Matt Connell has created a stand-out wine, this Central Otago stunner is a must-try.

2. VALLI WINES
Bendigo Vineyard Pinot Noir 2013 $65 ★★★★★
"A pinot noir to enjoy on a winter's night by the fire. Ripe, dense, chock-full of delightful mocha and dark plum characters," commented Jane. "Gorgeous and bold." Crafted by Grant Taylor, a long-time Central Otago specialist, it demonstrates passion and pedigree. The other judges loved its intense glossy colour, vibrant impact and firm, textural finish. "Slap me!" said James.

3. JULES TAYLOR
Marlborough Pinot Noir 2014 $33 ★★★★★
The judges were impressed with the inky magenta colour, highly floral complexity, nice acidity and surrounding fleshy layers edged with dried herb notes. "Long and delicious," commented Cameron. This is an excellent example from one of Marlborough's most exciting winemakers.

4. ARA
Select Blocks Marlborough Pinot Noir 2012 $29.95 ★★★★★
The seductive fruit core and enticing exotic spices in this wine wooed the judges. "Gorgeous, fresh, youthful fruit, which explodes on the palate," remarked Jane, while Cameron was impressed with its drive, minerality and length – not to mention the forest floor notes on the finish. No question, this wine is great drinking now but will also reward patient cellaring.

5. VILLA MARIA
Southern Clays Marlborough Pinot Noir 2012 $54.99 ★★★★★
"Beautiful sweet spices," noted Chloe, while



Yvonne was impressed with the lush fruit core, elegant acidity and slippery finish. This is a very exciting herb-edged pinot, packed with personality, intensity, life and 'likeability'. An instant hit.

6. MUD HOUSE
Claim 431 Central Otago Pinot Noir 2014 $33.99 ★★★★★
If you can tear your eyes away from the glossy, mesmerizing colour long enough to sniff this wine, you'll be met with masses of ripe cherry, plum, berry and black tea aromas that lead to a masculine, bold mouthfeel. "Maraschino cherry, ultra-pretty," commented James, while Jane praised its deep, rich, brooding dark fruits and lengthy finish.

7. WITHER HILLS
Taylor River Marlborough Pinot Noir 2011 $54.99 ★★★★½
"Very pretty colour; slippery, spicy and showing expert oak integration – I really like this wine," said Yvonne, while other judges noted its sweet red and black cherry fragrance, plush texture and supple tannins. This is a seriously flavoursome pinot with lovely purity of fruit.

8. JOHNER ESTATE
Reserve Pinot Noir 2013 $50 ★★★★½
If you're after lifted aromatics, intense vibrancy, complexity and rich palate weight, then it's all in here. With layers of cocoa, dark berries, black tea and forest floor notes this wine really impressed with its 'out there' impact on the palate and long, strong finish.

9. JOHNER ESTATE
Gladstone Pinot Noir 2013 $34 ★★★★½
"Big gum-numbing tannins" give this wine great cellaring potential as they sit alongside warming cedar notes and a sweet fruit core. It is aromatically charged: "I could smell it all day," commented Cameron. "Amazing up-front fruit, steam train power and nice oak." There's definitely a lot happening in this wine.

10. TERRACE EDGE
Waipara Pinot Noir 2013 $27.50 ★★★★½
Its cherry and blueberry notes, dark summer fruits, youthful tension and juiciness in the mouth definitely wooed the judges. "Very pretty wine here," noted James, "nice florals with a savoury edge." "Ripe, warm and seductive," said Jane of this sexy North Canterbury example.

11. MUD HOUSE
Central Otago Pinot Noir 2014 $24.99 ★★★★½ *(Best Buy)*
The rich, saturated inky magenta colour commands attention straight away – but it's the lifted raspberry, cherry, Eastern spices and cocoa characters that set this wine apart. Ben Glover and his winemaking team have crafted an intense, very seductive, soft, fleshy and vibrant wine here. "Primed for aging," recommended Cameron.

12. SACRED HILL
HALO Marlborough Pinot Noir $27.99 2014 ★★★★½
"Great palate structure, good persistency, a nice whiff of truffle oil on the nose and a rich, silky finish," were the merits of this wine according to Chloe, while our other judges loved its juicy, generous mouthfeel, dried herb notes and lifted spicy berry intensity.

BEST BUYS

Eradus Marlborough Pinot Noir 2013 $20.99 ★★★★½
It's not often you get a pinot with such a rich, flavoursome palate for this sort of price, in fact it's almost unheard of. Packed with floral notes, alluring spices and ripe red fruits this is a pinot that will win friends, no matter the occasion.

Sacred Hill Reserve Marlborough Pinot Noir 2014 $24.99 ★★★★½
The judges loved the focused, food-friendly aspect of this wine, as well as its pronounced raspberry and red cherry notes. "Generous, spicy, stretchy tannins and a lovely, full finish," commented Yvonne, while Chloe felt it was very attractive, easy-going and savoury.

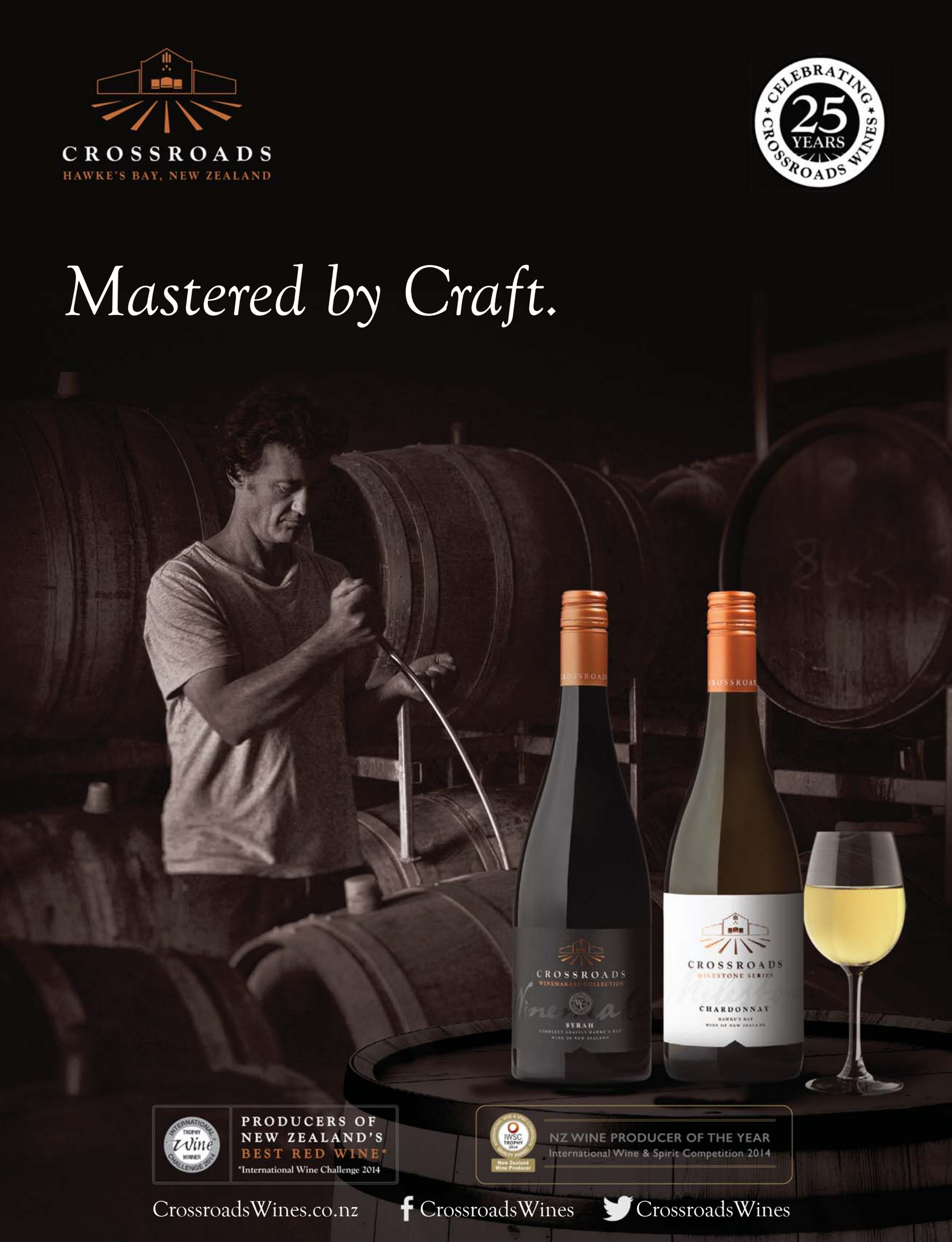
Mud House Central Otago Pinot Noir 2014 $24.99 ★★★★½
See #11 review in Top 12, this page.



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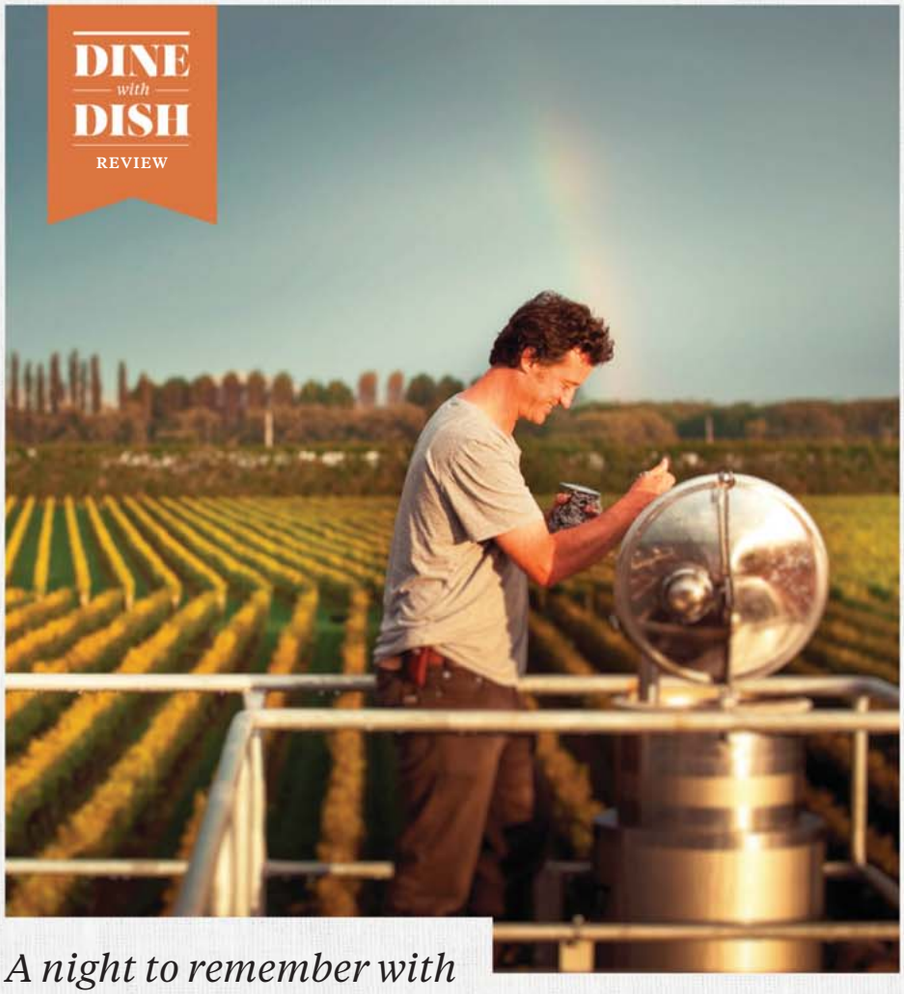


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DINE with DISH
REVIEW



A night to remember with

CROSSROADS AT OSTRO BRASSERIE AND BAR

Ostro was the stunning setting to an evening of fantastic food and premium Crossroads wines at a recent Dine with Dish.

Guests at the Dine with Dish and Crossroads Wines event in Auckland experienced an evening of very special wines matched to a four-course menu designed by Josh Emett and executed by Ostro head chef Cobus Klopper. Both Crossroads winemaker Miles Dinneen and Josh Emett were on hand to guide diners through each course.

Diners enjoyed wines from the 'Winemakers Collection' – made using the very best parcels of fruit, carefully selected and crafted with passion – as well as Crossroads' signature wine, Talisman. Talisman is a secret blend known only to winemaker Miles Dinneen; it is a unique embodiment of the very best wine the Hawke's Bay vineyards have to offer.

For 25 years Crossroads has brought wine lovers the very best of small parcel winemaking from Hawke's Bay. Dedicated to quality and craft, Crossroads has six purpose-designed vineyards in selected sub-regions of Hawke's Bay, including four in the Gimblett Gravels. These vineyards are developed to ensure the best growing conditions for each variety, and shape the essence of Crossroads.

CROSSROADS
HAWKE'S BAY, NEW ZEALAND

CELEBRATING 25 YEARS CROSSROADS WINES

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THE WINE & FOOD

Miles Dinneen shares his thoughts on two of his favourite matches:



KINGFISH CRUDO, CITRUS, GINGER, RED CHILLI AND CORIANDER

Matched with Crossroads Winemakers Collection Chardonnay 2013

"The fresh lemon notes and creamy texture of the 2013 Winemakers Collection Chardonnay found a perfect foil with the bright citrus, herb and spice flavours and delicate texture of the Kingfish crudo."



BEEF SHORT RIB PIE, KALE, MUSHROOM AND PARSNIP CREAM

Matched with 2013 Talisman Syrah by Crossroads

"The beef short rib pie was a great match with our new 2013 Talisman Syrah. The rich flavours of the slow cooked beef and mushroom worked perfectly with the ripe sweet fruit and subtle savoury characters in the Syrah."

ADV2015



BY THE GLASS

There's no stopping Vidal's chardonnay, Hawke's Bay adds hops to its offerings and Central Otago pinot is paid the ultimate compliment – YVONNE LORKIN rounds up the latest from the world of drinks.

WINE WINNERS



LEAVING A LEGACY

Chardonnay-lovers, get a load of this nugget of news: the Vidal Legacy Hawke's Bay Chardonnay 2012 has just scooped its fourth trophy. Under the perfectionist eye of winemaker Hugh Crichton, the Vidal Legacy Hawkes Bay Chardonnay 2012 has scooped the International Chardonnay Trophy in the 'Over £15' category at the prestigious Decanter World Wine Awards 2015. This follows on from receiving the Regional Trophy at the Decanter Asia Wine Awards 2014, the Champion Exhibition White Wine Trophy at the Air New Zealand Wine Awards 2014 and the Champion Wine of Show Trophy at the Bragato Wine Awards 2014. So, if you like the sound of this: "Distinctly modern New Zealand Chardonnay, full of gun smoke, grapefruit skin, toast, vanilla and sizzling butter aromas. White nectarine and peach flavours greet you on the palate which is broad, rich and creamy, yet manages to retain a distinct elegance, with lovely length and a pleasingly dry finish." ...then take the judges' advice and buy now!

A new class of glass



A new wineglass shaped specifically to elevate the experience and enjoyment of Central Otago pinot noir has just been released by esteemed Austrian glass company Riedel.

The release has been two years in the making, after Riedel chief executive, Georg J Riedel, and the Central Otago Winegrowers Association held a sensory workshop in 2013 to test which glass showed the wines best. Two glasses stood out, and from them a single glass to rule them all has been crafted. Its purpose is to enhance the combination of what Riedel sees as the two key elements in Central Otago pinot: fruit and earth.

Congratulations to the Central Otago producers for helping to make this happen. Riedel, a 300-year-old company, has been producing variety-specific wine glasses for years, but going to the next layer of specialisation – a glass for a variety made in a single region – is a rare event for them. This is therefore a big deal, not least because the minimum production run for a new Riedel glass is 40,000. The glasses will retail for around $60 each.



Where there's smoke...

Invercargill Brewery has released its 2015 version of 'Men'n Skurrts' just in time to warm the cockles this winter. It's brewer Steve Nally's take on a Scottish Ale, tickled up with a snifter of peat smoke to add a splash of 'single malt' to the already rich, malty ale base. Nutty, spicy and oozing smooth, caramelised smoky notes – it's och aye.

Join me at Wine AKL
I'm super-excited to be involved in this year's Wine AKL festival, New Zealand's largest dedicated wine tasting event. Held on Friday August 14 and Saturday August 15, it's like a Big Day Out for wine buffs and novices alike. Over 80 Kiwi winemakers will be showcasing sensational wines and there'll be wine-types like me hosting all sorts of workshops, masterclasses and seminars at Shed 10 on Queens Wharf in Auckland. It'll be a tasty way to school up on all the new wine trends and tasting techniques. Who knew education could be this much fun? Tickets are $25 and available from iTicket.

ARGENTINA AHOY!
If you're looking to lay your mits on some fantastic wines from Evita country, then best you get online to investigate at www.winetrades.co.nz, New Zealand's Argentinian Fine Wine specialists. Tomas Tonnelier – known widely as the 'Malbec Man' – and his team are passionate about bringing boutique Argentinian wines to the dinner tables of New Zealand. Their brands are available to buy online at www.accentonwine.co.nz, including varieties such as Finca El Peral, Septima, Cinco Sentidos Torrontes, Argento, Santa Rosa and Uruco. Other Argentinian value brands such as Benjamin, Michel Torino, Amaru and Don David are available at www.winesale.co.nz and www.blackmarket.co.nz for Chañarmuyo Estate, www.winedirect.co.nz for Catena Zapata and www. glengarrywines.co.nz for Bodegas Terrazas, Montes, Trapiche and Chakana.



An apple a day
Owner of quite possibly the most manicured moustache in the brewing business is English-born, now Kiwi-based, Gabe Cook, cider maker and cider ambassador. He's on a crusade to enlighten us on all that's great about our favourite apple-based beverage. Keep up to date with his tips, picks, tastings and travels on his blog at www.theciderologist.com



Hawke's Bay hop-o-rama
Who says Nelson's the only place to grow hops? Chris Ormond from boutique Hawke's Bay brewery Giant is having trouble keeping up with demand for his limited release Hawke's Bay Pale Ale. It's unique in that it's been hopped with whole Smooth Cone and Wakatu hop flowers, grown by George Bostock at Haumoana near the Tukituki Valley. "George has just one 80 metre row of the subtle-flavoured, low-alpha Smooth Cone growing at his place," says Chris. "It's a rarely found granddaddy hop for many of today's modern breeds. The HBPA was a small random trial of less than 100 bottles – but it all sold out in a couple of days." Needless to say new brews are bubbling away now.







TEMPTING TEMPRANILLO
Two new Temps have just taken up desk space in my office: the intensely spiced Black Barn 2013 Tempranillo and the warmly fruited Church Road McDonald Series 2013 Tempranillo. They've joined the savoury, earthy Hihi Gisborne Tempranillo 2013 to strengthen the local Spanish offerings.

ORGANIC ALL THE WAY
"After seven years we finally sat down and filled out the forms and now have three vineyards and the winery under organic certification with BioGro," announced Penelope Naish of Black Estate in Waipara. "It just felt like the right thing to do. With this certification, we can now assure you that the organic product you buy is authentic." Check out their new crunchy-crisp 2014 Riesling and deep, broody, 2013 Home Pinot Noir.

SEAMLESS DESIGN



Minimal 4mm gaps now surround your fridge, either in real stainless steel or seamlessly integrated into your kitchen cabinetry. With flush-fit design the new Slide-In range fits easily into existing kitchen spaces allowing a smooth, clean look to your dream kitchen.

Model shown RS90AU1 with pre-finished door panel set (sold separately). Available from Spring 2015.

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RECIPES

What we're cooking in this issue of Dish



Dish Food Editor CLAIRE ALDOUS warms to hearty winter cooking.

68 BABY, IT'S COLD OUTSIDE
Bring friends together with winter menus designed for sharing. A hero dish paired with delicious sides makes for easy entertaining.

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Recipes and food styling by Claire Aldous
Props styling by Lianne Whorwood
Styling by Lisa Morton and Lianne Whorwood
Drink matches by Yvonne Lorkin

Background photo by Manja Wachsmuth. Tray and tealights from Shut the Front Door. Wire basket from Freedom. Bottle, wine glasses and tablecloth from Nest. Copper plate from Collected by Leanne Yare. Tumblers from Citta. See page 77 for stockist details.



WINTER GREENS SALAD WITH MINT DRESSING
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SLOW-COOKED SPICED SHOULDER OF LAMB
[recipe next page]

Photography by Manja Wachsmuth



ROASTED CARROTS WITH YOGHURT AND CRACKED WHEAT
[recipe next page]

RICE WITH PUY LENTILS AND ROASTED NUTS
[recipe next page]

baby, it's cold outside

Gather friends for a *hearty meal* with these wintry menu ideas.

Winter Greens Salad with Mint Dressing

I serve salads year round and this winter version relies on using whatever is fresh and best on the day. Use your favourite combination of vegetables as they will all work with the gutsy mint dressing.

200 grams green beans, tops trimmed

200 grams Brussels sprouts, halved

1 cup thinly shaved cabbage

2 handfuls baby spinach

2 spring onions, thinly sliced

2 big leaves silverbeet or kale, stems removed, leaves roughly torn

½ cup mixed roasted pumpkin seeds and sunflower seeds (optional)

Dressing

2 cloves garlic, crushed

4 tablespoons olive oil

1 tablespoon white wine vinegar

1 teaspoon dried tarragon

2 tablespoons chopped mint leaves

salt and pepper

Cook the beans and Brussels sprouts separately in boiling salted water until just tender but still with a little bite. Drain and refresh in cold water then drain again. Place on paper towels to remove excess moisture.

Combine all the vegetables in a large bowl with half of the seeds, if using.

Dressing: Whisk all the ingredients together in a bowl and season.

Pour the dressing over the vegetables and toss gently so everything is well coated. Transfer to a serving bowl and top with the remaining seeds. Serves 6

COOK'S TIP: Cavolo nero and thinly sliced red onion or fennel can also be used.

Slow-Cooked Spiced Shoulder of Lamb

Meltingly tender lamb is infused with aromatic spices that cut through the rich meat. With plenty of extra pan juices to spoon over everything, this is my perfect meal to share with family and friends.

1 teaspoon each ground cumin, cardamom, allspice and smoked paprika

2 tablespoons olive oil

1.2 – 1.5 kilogram boned lamb shoulder

4 red onions, thickly sliced

12 large cloves garlic, skin on

2 cups boiling water

sea salt and ground pepper

Preheat the oven to 220°C fan bake.

Combine all the spices in a small bowl with the oil.

Lightly score the skin side of the lamb with a sharp knife. Place skin side down in a lightly oiled, deep roasting dish and season generously with salt and pepper.

Rub over half the spice oil then turn over. Season and rub in the remaining spice oil.

Place in the oven and roast for 10 minutes to sear the lamb.

Reduce the oven to 140°C fan bake.

Remove the lamb from the oven and add the onions and garlic to the pan, pushing some of them under the lamb. Season the onions then pour the water into the dish, but not over the meat. Place a piece of baking paper over the lamb then cover the dish very tightly with foil.

Cook the lamb for 2½ – 3 hours or until it will pull apart easily with a fork.

Transfer the lamb, onions and garlic to a platter and cover to keep warm.

Tip the pan juices into a saucepan and scoop off any surface fat, then squeeze in the flesh from 4 of the cooked cloves of garlic. Boil for 5 minutes and season if needed. Tip into a jug and serve with the lamb. Serves 6





Roasted Carrots with Yoghurt and Cracked Wheat

Lightly caramelised carrots need just a drizzle of olive oil and lemon juice to make a simple vegetable accompaniment. Cooked quinoa, pearl barley or farro can also replace the cracked wheat in this recipe.

- 2 bunches small carrots, tops trimmed
- 2 tablespoons olive oil
- ⅓ cup cracked wheat
- 1 cup thick plain yoghurt
- small handful coriander
- sea salt and ground pepper
- olive oil for drizzling
- 1 lemon

Preheat the oven to 180°C fan bake.

Halve any large carrots lengthways. Place on a lined baking tray and toss with olive oil, salt and pepper. Roast until just tender.

Put the cracked wheat in a bowl and add ½ cup of boiling water and a pinch of salt. Leave for 15 minutes to absorb the water.

To serve: Spread the yoghurt on a large platter and sprinkle over most of the cracked wheat.

Top with the carrots then scatter over the remaining wheat. Drizzle generously with olive oil and squeeze over the juice of half a lemon. Sprinkle with salt and pepper then scatter over the coriander. Serves 4–6

Rice with Puy Lentils and Roasted Nuts

This is a traditional Arab recipe of tender rice, lentils and sweet spices topped with golden nuts and cool yoghurt. A pile of crisp fried onions is a traditional but optional topping.

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon each ground cumin, cardamom, cinnamon, allspice and ground pepper
- 1 cup basmati rice, rinsed and drained
- 1 cup puy lentils, rinsed and drained
- 2½ cups water
- ½ teaspoon sea salt

To serve

- ½ cup sliced almonds, roasted
- 2 tablespoons pistachio nuts
- 2 tablespoons chopped parsley

Heat the oil in a large saucepan and cook the onion and garlic with a good pinch of salt until soft. Stir in the spices and cook for 1 minute, then add the rice, lentils, water and salt and bring to the boil.

Give it a final stir then cover tightly and cook for 10 minutes. Remove from the heat and leave covered for 10 minutes to finish the cooking process.

Transfer to a serving bowl and top with the nuts and parsley. Serves 6

Potato and Silverbeet Gratin

Layers of creamy, cheesy potatoes also go well with spinach, kale, cavolo nero and leeks.

- 8 large silverbeet leaves, stems removed
- 200ml crème fraîche
- ¾ cup milk
- 2 cloves garlic, crushed
- 1 teaspoon Dijon mustard
- 1 kilogram Agria potatoes, peeled and thinly sliced
- 1 cup grated aged Cheddar cheese
- sea salt and ground pepper
- 5 cup-capacity baking dish

Preheat the oven to 180°C fan bake.

Put the silverbeet leaves in a heatproof bowl and cover with boiling water. Turn to wilt, then drain and refresh in cold water. Place on a clean tea towel and roll up to remove excess water. Chop roughly.

Whisk the crème fraîche, milk, garlic and mustard together.

Place half the potatoes in the baking dish and season with salt and pepper.

Top with half each of the silverbeet and cheese and then pour over half the cream mixture.

Repeat with the remaining potatoes, silverbeet, cheese and cream.

Cover the top with a piece of baking paper then cover tightly with foil.

Bake for 50 minutes.

Uncover and continue to cook until the potatoes are meltingly tender and the top is golden. Serves 6



ROASTED RED CABBAGE WITH HAZELNUT DRESSING

POTATO AND SILVERBEET GRATIN
[recipe previous page]

GF

BEEF, MUSHROOM AND OYSTER STEW

Beef, Mushroom and Oyster Stew (gf)

With winter making its presence felt, comfort food such as this rich hearty stew is a welcome addition to any menu.

1 kilogram braising beef (I used chuck steak)
½ cup brown rice flour or regular flour
olive oil
200 grams bacon, sliced 1cm pieces
1 large onion, thinly sliced
4 large Portobello mushrooms, quartered
3 cloves garlic, crushed
1 tablespoon finely chopped rosemary
2 bay leaves
1 tablespoon tomato paste
2 tablespoons Worcestershire sauce
1 cup red wine
1 cup good beef stock
sea salt and ground pepper
12 fresh oysters
2 tablespoons chopped parsley

Preheat the oven to 150°C fan bake.

Cut the beef into large bite-sized pieces and toss in seasoned flour. *Shake off the excess flour so it doesn't catch and burn.*

Heat 3 tablespoons of oil in a large sauté pan and cook the beef in batches until golden on all sides. *Add more oil to the pan as needed.* Transfer to an ovenproof casserole dish.

Pour off and discard the oil in the pan, leaving the sticky bits behind.

Add a fresh splash of oil to the pan, along with the bacon and onion and cook for 5 minutes.

Add the mushrooms, garlic, rosemary, bay leaves, tomato paste and Worcestershire sauce and cook for 5 minutes, adding a splash of water if the pan is too dry. Add the wine and let it bubble up and reduce by half, then add the stock. Season and bring to the boil then pour over the beef.

Cover the meat with a piece of baking paper then a tight-fitting lid or foil.

Place in the oven and cook for 2½ hours or until the meat is very tender.

To finish: Just before serving, tuck the oysters into the casserole, adding any juice too, and cook for a further 5 minutes. Scatter with the parsley to serve. Serves 4–6

COOK'S TIP: I like to use thick cut streaky bacon, but regular bacon is fine too.

Roasted Red Cabbage with Hazelnut Dressing

I love taking a common vegetable and transforming it into an unexpectedly delicious dish! Use a very firm, dense cabbage for best results.

1 medium red cabbage
3 tablespoons olive oil
sea salt and ground pepper
Dressing
1 tablespoon lemon juice
4 tablespoons olive oil
2 cloves garlic, crushed
1 teaspoon Dijon mustard
2 tablespoons chopped parsley
¼ cup hazelnuts, roasted and roughly chopped

Preheat the oven to 180°C fan bake.

Pull off any straggly outside leaves from the cabbage then cut it in half through the root.

Cut each half into 3 or 4 wedges, making sure each one has some core attached, otherwise they will fall apart.

Brush with the olive oil and season with salt and pepper.

Place the wedges, cut side down, in a lined roasting dish.

Cover tightly with foil and bake for 20 minutes. Uncover and carefully turn the wedges over.

Roast uncovered for a further 10 minutes until tender but still with a little bite. *Cooking time will depend on the thickness of the wedges.*

Dressing: Whisk the lemon juice, oil, garlic and mustard in a bowl and season. Stir in the parsley and hazelnuts.

To serve: Place wedges on a serving plate and spoon over the dressing. Serves 6



COCONUT AND TAMARIND FISH CURRY

CRISPY CUMIN SAUTÉED POTATOES
[recipe next page]

CUCUMBER AND ROASTED PEANUT SALAD
[recipe next page]



ROASTED BROCCOLINI
[recipe next page]

Coconut and Tamarind Fish Curry

When cooking this easy, fragrant fish curry your kitchen will be filled with the wonderful aromas of garlic, ginger and curry leaves.

800 grams firm white fish (I used monkfish)

2 tablespoons vegetable oil

1 teaspoon yellow mustard seeds

3 stems curry leaves

1 onion, thinly sliced

1 tablespoon grated fresh ginger

2 cloves garlic, crushed

pinch chilli flakes

½ teaspoon each ground turmeric, cumin and coriander

⅓ cup tamarind concentrate

1 cup coconut cream

2 medium tomatoes, roughly chopped or 16 cherry tomatoes

sea salt

coriander and extra coconut cream to garnish

Heat the oil in a large sauté pan, add the mustard seeds and curry leaves and immediately cover. When they stop popping, add the onion, ginger, garlic and chilli with a good pinch of salt and cook for 5 minutes, stirring frequently.

Stir in all of the spices and the tamarind concentrate and cook for 1 minute.

Cut the fish into largish pieces and add to the pan, turning to coat well in the spice mixture.

Pour over the coconut cream but don't stir, just shake the pan to settle everything.

Dot over the tomatoes then cover and cook gently until the fish is just cooked.

To serve: Drizzle over extra coconut cream and top with the coriander. Serves 4–6

PANTRY NOTE: *Fresh curry leaves* (which resemble tiny bay leaves) and jars of tamarind concentrate are available at some supermarkets and Asian food stores. Keep the extra curry leaves in the freezer for future use.



Crispy Cumin Sautéed Potatoes

These golden-hued potatoes with a spiced, crunchy outside and tender inside would also be delicious for brunch, topped with a poached egg.

- 800 grams Agria potatoes, peeled
- 3 tablespoons vegetable oil
- 1 teaspoon yellow mustard seeds
- 1 teaspoon whole cumin seeds
- ½ teaspoon ground turmeric
- pinch chilli flakes
- sea salt

Cut the potatoes into large bite-sized pieces and cook in boiling salted water until just tender. Drain well and set aside until ready to use.

Heat the oil in a large sauté pan, add the mustard and cumin seeds and cover immediately. Cook until they stop popping.

Add the turmeric and chilli, then the potatoes. Season with salt and turn to coat in the spiced oil. Cook, turning occasionally, until the potatoes are golden and crispy.
Serves 4–6

Cucumber and Roasted Peanut Salad

Salty, sweet and crisp with the added crunch of roasted peanuts, this simple salad makes a tasty accompaniment to the fish curry.

- 1 medium telegraph cucumber
- 1 long green or red chilli, seeded and finely chopped
- ½ cup roasted peanuts, finely chopped
- 2 tablespoons lemon juice
- ½ teaspoon sea salt
- ½ teaspoon caster sugar

Halve the cucumber and scrape out the seeds. Cut into small dice and place in a bowl. Add the remaining ingredients and stir gently to combine.

Roasted Broccolini

Roasting mild broccolini or broccoli in this spice mixture takes it to a new level of delicious.

- 300 grams broccolini or 1 head broccoli
- 3 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 teaspoon ground garam masala
- ½ teaspoon ground ginger
- ¼ teaspoon each ground turmeric and chilli powder
- sea salt
- 2 tablespoons toasted long thread coconut

Preheat the oven to 180°C fan bake.

Cut any large stalks of broccolini in half lengthways. If using broccoli, cut into large bite-sized florets through the stalk.

Combine all the remaining ingredients in a large bowl. Add the broccolini and turn well to coat in the spice mix. Transfer to a lined baking tray and sprinkle with salt. Bake for 10 minutes then turn over and cook until golden on the tips and just tender. Scatter with toasted coconut to serve.
Serves 4–6

AND TO DRINK...

Wine editor Yvonne Lorkin suggests drinks matches for these dishes



SLOW-COOKED SPICED SHOULDER OF LAMB

You want a wine that will accentuate the cumin, cardamom, allspice and paprika that are so central to this tender lamb dish – that's why I'd recommend the Ballasalla Central Otago Pinot Noir 2013 ($30). It has intense red rose, black guava, red cherry, tea and spice characters combined with bouquet garni herbs and a fresh, succulent texture. To order visit www. cellarwise.co.nz

BEEF, MUSHROOM AND OYSTER STEW

A wine with serious aromatic style, substance and 'chew' on the finish is the business here, so I'd encourage you to try the new Ngatarawa Proprietors' Reserve Syrah 2013 ($39). Intensely aromatic and packed with crushed rose petal, peppercorns, dark cocoa and plummy plushness; it's amazing with this rich stew. To order visit www.ngatarawa.co.nz

COCONUT AND TAMARIND FISH CURRY

I adore the classic lychee, white peach, pepper and musky tones in the organically-grown and crafted Loveblock Marlborough Gewürztraminer 2011 ($25) and I think it is rich, juicy and spicy enough to wrap itself around the bold flavours in this menu beautifully. Fresh, tangy and terrific. To order visit www.glengarrywines.co.nz

PROPS: Tiles from Tile Space (www.tiles.co.nz) used throughout. **Slow-Cooked Spiced Shoulder of Lamb:** Platter and wooden spoon from Tessuti (shop.tessuti.co.nz). Large bowl from Collect Living (www.collectliving.co.nz). Small bowl from Japanese Lifestyle (www.japaneselifestyle.co.nz). Plate from Collected by Leanne Yare (www.collected.co.nz). Napkins from Taylor Road Home (www. taylorroad.co.nz). Small bowl from Republic (www.republichome.co.nz). Plate from Houston Design (www.houstondesign.bigcartel.co.nz). Glasses from The Props Department (www.thepropsdepartment.co.nz). Plates from Father Rabbit (www.fatherrabbit.com). **Background:** Scarf from Shut the Front Door (www. shutthefrontdoor.co.nz). Plate from Houston Design. Oil bottle from Nest (www.nest-direct. co.nz). Bowl from Republic Home. Wooden spoon from Father Rabbit. **Beef, Mushroom and Oyster Stew :** Kat and Roger bowl and Eric Bonnin tray and plates from Douglas and Bec (www.douglasandbec.com). Napkins and La Chumba bowl from French Country (www.frenchcountry.co.nz). Small bowl from Republic Home. Throw from Tessuti. Coaster and glass jar from Father Rabbit. **Coconut and Tamarind Fish Curry:** Tray from Collect Living. Le Creuset pan from Taylor Road Home. Throw from Republic Home. Salsa dish from Shut The Front Door. Cast Iron dish from Father Rabbit. Oval bowl from Japanese Lifestyle. Plates from Tessuti. Cutlery and wooden bowl from The Props Department. **Background:** Napkin from French Country. Cutlery from The Props Department. All uncredited props stylist's own. Meat from Neat Meat (www.neatmeat.com). Fresh produce from Farro Fresh (www.farrofresh.co.nz).



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STEAK WITH THREE SAUCES
[recipe next page]

a taste *of* Argentina

Latin American inspiration for *savoury dishes* and *sweet delights.*

Photography by Manja Wachsmuth



ROAST CHICKEN WITH
QUINOA, CORN AND
ALMOND STUFFING

Roast Chicken with Quinoa, Corn and Almond Stuffing

I love to roast chicken on a bed of vegetables so they become lovely and sticky from the cooking juices. You can use any combination of carrots, fennel, parsnips, potatoes, shallots and leeks.

1 chicken

Stuffing

2 tablespoons olive oil

1 onion, finely chopped

3 garlic cloves, finely chopped

1½ teaspoons each ground fennel and cumin

¾ cup quinoa

1½ cups frozen sweetcorn kernels

1¾ cups vegetable stock

12 dates, roughly chopped

½ cup whole roasted almonds, roughly chopped

2 tablespoons chopped parsley

sea salt and ground pepper

Preheat the oven to 180°C fan bake.

Stuffing: Heat the olive oil in a sauté pan and cook the onion, garlic and spices with a good pinch of salt until tender, adding a splash of water if needed.

Stir in the quinoa, sweetcorn and stock and bring to the boil. Reduce the heat to low, cover and simmer for about 20 minutes, stirring occasionally or until most of the liquid has been absorbed. Uncover and cook until the quinoa is quite dry, stirring to prevent it sticking on the base of the pan. Add the dates, almonds and parsley. Cool completely before using.

Chicken: Rinse the chicken under cold water and dry well with paper towels. Season the cavity and fill loosely with stuffing. *Place the remaining stuffing in a baking dish and set aside.* Tie the legs together with kitchen string. Rub the chicken with a little oil and season.

If using a bed of vegetables, place them in a large roasting dish and put the chicken on top. Dot the chicken with butter and pour 1 cup of water into the dish, not over the chicken. Season the vegetables.

Roast for 1½ hours, turning the pan occasionally for even browning and adding more water to the pan to prevent it drying out.

Cover the reserved stuffing with foil and bake for 15 minutes until hot.

To serve: Transfer the chicken and vegetables to a serving platter and spoon over the pan juices. Serve with the extra hot stuffing. Serves 4–6

COOK'S TIP: This makes a lot more stuffing than is needed to fill the chicken but I love to have extra to serve alongside. I also serve this at room temperature as a stand-alone salad with feta and rocket folded through.

Steak with Three Sauces

Argentinians adore their beef and serve it very simply: either grilled or barbecued with sauces on the side.

Use your favourite cut of beef – I have used a large piece of rump and bone-in scotch fillet.

Rub lightly with oil and season generously with sea salt and ground pepper.

Cook on a preheated barbecue or ridged grill plate until done to your liking.

Transfer to a large platter and rest for a few minutes. Serve with one or all of the following sauces.

Three Herb and Caper Sauce

½ cup each basil, mint and parsley leaves

2 cloves garlic, roughly chopped

2 tablespoons capers

6 tablespoons olive oil

1 tablespoon red wine vinegar

salt and pepper

Put the herbs, garlic and capers in a food processor and season well. Process until finely chopped. Add the oil and process until it is smooth and bright green. Stir through the vinegar. Makes 1 cup

Red Chimichurri

½ medium red onion, chopped

3 cloves garlic, crushed

1 teaspoon smoked paprika

1 teaspoon ground cumin

1 cup packed parsley leaves

1 tablespoon sherry or red wine vinegar

4 tablespoons olive oil

1 tablespoon water

½ teaspoon sea salt

Put the onion, garlic, paprika, cumin and parsley in a food processor and process until finely chopped. Add the sherry or vinegar and oil and process again. Add the water and salt and pulse to combine. Makes 1 cup

Horseradish Cream

¼ cup sour cream

½ cup horseradish sauce

¼ cup cream, softly whipped

sea salt and ground pepper

Put the sour cream in a bowl and whisk until smooth. Stir in the horseradish then the cream. Season. Makes 1 cup



The *nutty flavour* of *raw celeriac* combined with *crunchy, juicy pear* is the perfect foil for a rich, crispy-skinned duck breast. A side of honey-roasted pears makes the most of fresh winter produce too.

DUCK BREAST WITH
PEARS TWO WAYS

Duck Breast with Pears Two Ways

4 duck breasts
2 pears, firm but ripe
olive oil
knob of butter
1 tablespoon honey
Celeriac and pear salad
¼ cup mayonnaise
¼ cup sour cream
1 clove garlic, crushed
1 teaspoon Dijon mustard
1 tablespoon water or milk
1 large pear, firm but ripe
½ small celeriac, peeled
1 tablespoon chopped parsley
sea salt and ground pepper

Salad: Whisk the mayonnaise, sour cream, garlic, mustard and water or milk in a bowl and season. Cut the pear and celeriac into thin matchsticks and toss with enough dressing to coat lightly. Set aside.

Duck: Rub the duck with a little oil and season with salt and pepper. Place skin-side down in a cold sauté pan and place over a medium heat. Cook for 10 minutes until the skin is golden. Turn over and cook for 4–5 minutes for medium rare duck. Transfer to a plate, cover loosely and rest for 5 minutes.

Heat another sauté pan with a splash of oil, the butter and honey. Halve the pears through the stem and place cut side down in the pan. Cook until golden then turn and cook until the pears are just tender, adding a splash of water if needed.

To serve: Slice the duck thinly and arrange on plates. Top with the salad and place a pear half alongside. Drizzle over any duck resting juices. Serves 4

Sweet Potato Gratin

The rich orange flesh of the Beauregard kumara pairs beautifully with warm ginger and sweet spices.

1 kilogram orange kumara, peeled, cut into large chunks
small knob butter
⅓ cup sour cream
1 tablespoon grated fresh ginger
¼ teaspoon each ground cinnamon and nutmeg
sea salt and ground pepper
2 tablespoons cream

Preheat the grill to its highest setting.

Cook the kumara in a saucepan of boiling salted water until tender. Drain then return to saucepan and place over a low heat to drive off excess moisture.

Add the butter, sour cream, ginger, cinnamon and nutmeg and mash until smooth. Season well then transfer to an ovenproof serving dish. Pour over the cream and place under the grill until lightly golden. Serves 4–6

Tarragon and Parmesan Crumbed Portobello Mushrooms (gf)

Perfect served as a tapas with drinks or turn them into a light lunch and serve with a salad.

4 large, meaty Portobello mushrooms
1½ cups gluten-free breadcrumbs or panko crumbs
1½ teaspoons dried tarragon
½ teaspoon grated nutmeg
½ cup freshly grated Parmesan or pecorino cheese
2 eggs, lightly beaten
½ cup brown rice flour
sea salt and ground pepper
vegetable oil for frying

Wipe the mushrooms with a damp cloth or peel them if necessary. Trim the stalk flush with the cap or simply remove.

Cut each mushroom into quarters, or sixths if very large.

Put the breadcrumbs, tarragon, nutmeg and Parmesan in a bowl and season. Use your fingertips to rub everything together to combine well.

Put the eggs and flour in separate bowls and season.

Dip the mushrooms first in the flour, then the eggs, then in the breadcrumb mixture, pressing them on to coat well.

In a small deep saucepan, heat 6cm of oil to 160°C on a sugar thermometer or until a cube of bread turns golden in 30 seconds.

Cook 3–4 mushrooms at a time for about 4 minutes, turning once, until a good golden colour. Drain on paper towels and keep warm in a low oven while you cook the remaining mushrooms.

To serve: Pile the mushrooms in a bowl and sprinkle with a little sea salt and a shaving of Parmesan if desired. Serve with Basil and Gherkin Mayonnaise. Serves 4

Basil and Gherkin Mayonnaise

½ cup mayonnaise
¼ cup thick plain yoghurt
1 clove garlic, crushed
2 tablespoons finely chopped gherkin
2 tablespoons finely chopped basil or parsley
sea salt and ground pepper

Stir all the ingredients together in a bowl and season.



GF

TARRAGON AND PARMESAN CRUMBED PORTOBELLO MUSHROOMS
[recipe previous page]



BEETROOT AND PISTACHIO SALAD WITH BLUE CHEESE SNOW



SWEET POTATO GRATIN
[recipe previous page]



CINNAMON RICE PUDDING WITH ALMOND CRUMBLE

Beetroot and Pistachio Salad with Blue Cheese Snow

Like glowing precious stones, roasted beetroot are a world away from the tinned version. Add a rich pomegranate molasses dressing and a dusting of blue cheese 'snow' for an impressive but easy entrée or light meal.

20 baby or 10 small beetroot, tops trimmed and any leaves reserved (I used gold and purple)

handful salad leaves

50 grams firm blue cheese, frozen in one piece

2 tablespoons pistachios

Dressing

2 tablespoons pomegranate molasses

2 teaspoons red wine vinegar

2 teaspoons honey

4 tablespoons olive oil

2 cloves garlic, crushed

sea salt and ground pepper

Preheat the oven to 180°C fan bake.

Wash the beetroot then place on a large piece of foil. *Use a second piece of foil to keep colours separate.*

Drizzle with a little olive oil, salt and pepper. Seal the beetroot in the foil tightly and place on a baking tray. Roast for 50 minutes or until tender. When cool enough to handle, gently peel off the skins. *Disposable gloves are highly recommended for this.*

Dressing: Whisk all the ingredients in a bowl and season.

To serve: Arrange the salad leaves and beetroot in shallow bowls. Drizzle with some of the dressing then grate over the frozen blue cheese. Scatter with the pistachios and the reserved beetroot leaves. Serve the remaining dressing separately. Serves 4

PROPS: Steak with Three Sauces: Board from Shop at Charles (www.shop@charles.co.nz). Table from Republic (www.republichome.co.nz). Tablecloth from Nest (www.nest-direct.co.nz). Steak knives from Taylor Road Home (www.taylorroad.co.nz). Charcoal plate and white bowl from Country Road (www.countryroad.com.au). Bowl from Tessuti (shop.tessuti.co.nz). Napkin from Collect Living (www.collectliving.co.nz). Wire basket from Freedom (www.freedomfurniture.co.nz). Copper plate from Collected by Leanne Yare (www.collected.co.nz). **Roast Chicken with Quinoa, Corn and Almond Stuffing:** Carving set from The Props Department (www.thepropsdepartment.co.nz). Cutlery from Collected by Leanne Yare used throughout. Machine Collection platter, saucer and bowl from Seletti (www.selettiboutique.co). Blue napkin from Collect Living. Glass from Citta (www.cittadesign.co.nz). Grey Napkin from Tessuti. Charcoal plate from Bob & Friends (www.bobandfriends.co.nz). White under plate from Nest. **Duck Breast with Pears Two Ways:** Plate from The Props Department. Glasses and carafe from Nest. Wooden bowl from Tessuti. Napkin from Taylor Road Home. **Tarragon and Parmesan Crumbed Portobello Mushrooms:** Glasses from Country Road. Black plate and candelabra from Shut the Front Door (www.shutthefrontdoor.co.nz). **Beetroot and Pistachio Salad with Blue Cheese Snow:** Bowl and bottle from The Props Department. Glass from Nest. Plate from Country Road. Salt dish from Tessuti. Plate from Houston Design (www.houstondesign.bigcartel.co.nz). **Sweet Potato Gratin:** Baker from Nest. Tray from Shut the Front Door. Napkin from Collect Living. Plate and glass from Country Road. **Cinnamon Rice Pudding:** Tray from Epicure Trading (www.epicuretrading.co.nz). Glasses from Citta. Jug from Tessuti. **Vanilla Flan:** Cake plate from Collected by Leanne Yare. Patterned plate from Citta. Back plates, napkin rings and sugar bowl from Tessuti. Glass bowl from Annex (www.annex.net.nz). Spoon from Nest. Silver plate and napkins from Collect Living. Tealight from Shut the Front Door. Cups and saucers from Seletti. **Alfajores:** Marble board, cups and saucers from Shut the Front Door. Sugar bowl from Republic. Jug and spoon from The Props Department. Napkin from Tessuti. All uncredited props stylist's own. Meat from Neat Meat (www.neatmeat.com). Fresh produce from Farro Fresh (www.farrofresh.co.nz).

Cinnamon Rice Pudding with Almond Crumble

I've always loved rice pudding, so seeing a different version on just about every menu in Buenos Aires was a delight. The pudding there was frequently served over a layer of dulce de leche too – but I'll leave that up to you!

4 cups milk

¼ cup caster sugar

2 cinnamon sticks

1 teaspoon vanilla bean paste

pinch sea salt

1 cup risotto rice

2 tablespoons cream

Put 2 cups of the milk, the sugar, 1 cinnamon stick, vanilla and salt in a medium saucepan and bring to just below boiling point. Add the rice and reduce the heat to low. Cook until most of the milk has been absorbed, stirring occasionally. *A simmer mat is perfect for this.*

Heat the remaining milk and cinnamon stick in another saucepan until hot.

Add ½ a cup of this hot milk to the rice, cooking until it has been absorbed. Continue adding the milk ½ cup at a time, stirring frequently until the rice is tender and creamy. *The rice needs to be softer than you would cook a savoury risotto, which is to 'al dente'.*

Remove the cinnamon sticks, rinse in water then split in half. Stir in the cream then divide the cooked rice between serving dishes. Top each pudding with a pile of almond crumble and a piece of cinnamon stick. Serves 4–6

COOK'S TIP: If you have leftover rice pudding, I find the best way to reheat it is to transfer it to an ovenproof baking dish and pour over ½ cup of milk. Cover with foil and place in a 180°C oven for about 20–25 minutes or until hot.

Almond Crumble

1 cup plain flour

1 teaspoon ground cinnamon

pinch sea salt

½ cup dark muscovado sugar

125 grams butter, diced

1 cup slivered almonds

2 tablespoons cold water

Preheat the oven to 180°C fan bake.

Put the flour, cinnamon, salt, sugar and butter in a large bowl. Use your fingertips to rub everything together until the mixture resembles very coarse breadcrumbs with a few larger lumps. Mix in the almonds then sprinkle with the water and mix with a fork until you have a lumpy, crumbly mixture.

Spread out on a large plate and freeze for 10 minutes or just chill if not baking immediately.

Spread the mixture on a large lined baking tray and bake for 10 minutes then stir and turn the mixture for even browning. Bake for a further 10 minutes or until a good golden colour. *The crumble is soft but will become crisp when cold.* Store in an airtight container. Makes about 2 cups



VANILLA FLAN
[recipe next page]

Alfajores

I devoured many versions of these delectable biscuits when in Buenos Aires and this recipe combines all my favourite flavours. You can use ready-made dulce de leche, but my recipe for it is very easy to make.

100 grams butter at room temperature
½ cup caster sugar
1 tablespoon honey
1 teaspoon finely grated orange zest
1 teaspoon vanilla extract
1 egg
¾ cup plain flour
¼ cup cornflour
¼ cup cocoa
¼ teaspoon ground cinnamon
pinch salt

To assemble
dulce de leche (you need about 1½ cups, or use my recipe this page)
100 grams melted dark chocolate (optional)

Preheat the oven to 170°C fan bake.

Beat the butter for two minutes then add the sugar, honey, orange zest and vanilla and beat until light and pale.

Beat in the egg until well combined.

Sift the dry ingredients into the butter mixture and beat gently to combine. *The dough will be very soft at this point.*

Scrape the dough onto a large piece of plastic wrap and form into a flat disc.

Wrap well then chill until firm.

Roll the chilled dough out on a lightly floured bench to ½cm thick. Cut out 5cm circles and place on a lined flat baking tray.

Re-roll the scraps of dough and cut out more biscuits. Chill again until firm. *You should get about 30 biscuits.*

Bake for 10 minutes until lightly puffed and still a little soft. Transfer to a cooling rack.

To assemble: Top half the biscuits with a teaspoon of melted chocolate (if using) and use the back of the spoon to spread it right to the edges. Leave to set.

Place a heaped tablespoon of dulce de leche on the remaining biscuits and use a small palette knife to spread evenly. Sandwich with the chocolate-coated biscuits.

Store the alfajores in an airtight container in the fridge for 2–3 days. Makes about 15 double biscuits



ALFAJORES

Dulce de Leche

I love this easy, stress-free way of making dulce de leche, and I use the oven as I'm not keen on having tins boiling away on the stovetop for several hours. (Note: Caramelised condensed milk available to buy isn't thick enough to fill the alfajores.)

2 × 395 gram tins condensed milk
ceramic or metal baking dish, about 24cm wide
large roasting dish, big enough to hold the baking dish

Preheat the oven to 180°C fan bake.

Tip the condensed milk into the baking dish and cover tightly with foil. Place in the roasting dish and add enough hot tap water to come halfway up the sides of the baking dish.

Bake for 2½ – 3 hours, adding extra water when needed to keep it at the same level.

The caramel should be a dark golden colour and firm when you shake the baking dish. Uncover and cool, then cover and refrigerate for several hours or overnight.

Vanilla Flan

Argentinians love their desserts and flan is usually served with a large dollop of dulce de leche and whipped cream!

Caramel
⅔ cups caster sugar
⅓ cup water

Custard
6 × #7 eggs (large)
395ml sweetened condensed milk
375ml evaporated milk
1 cup cream
1 teaspoon vanilla extract

20cm fixed-base cake tin

Preheat oven to 160°C fan bake.

Place a clean wet kitchen cloth or small napkin in the base of a deep roasting dish and put the cake tin on top.

Caramel: Put the sugar and water in a medium saucepan and heat slowly, stirring to dissolve the sugar. Brush any stray sugar crystals off the side of the saucepan with a pastry brush dipped in cold water. Bring to the boil and cook, without stirring, until a dark caramel colour, swirling the pan for even colouring. Quickly pour into the base of the cake tin, tilting the roasting dish to coat the base evenly then leave to cool and harden.

Custard: Spray or grease the sides of the cake tin to prevent the custard from sticking.

Whisk the eggs together in a large bowl then stir in all the remaining ingredients until well combined.

Strain the custard over the set caramel. Cover the tin tightly with foil and add hot tap water to the roasting dish until it comes halfway up the side of the cake tin.

Bake for about 1 hour, topping up the water during cooking, until just set but still with a slight wobble in the centre. *It will continue to firm up as it cools.*

Carefully remove the tin from the roasting dish and leave to cool.

Cover and refrigerate for several hours or overnight if possible.

To serve: Loosen the sides of the custard by running a small palette knife around the edges. Place a serving dish over the top and turn upside down. Pour any caramel remaining in the tin over the top. Serve with softly whipped cream. Serves 8–10

AND TO DRINK...

Wine editor Yvonne Lorkin suggests drinks matches for these dishes



ROAST CHICKEN WITH QUINOA, CORN AND ALMOND STUFFING
One of the things I love about the Gisborne Garagiste Wine Company Chardonnay 2014 ($20) is the underlying toasty, mealy, nutty note beneath the layers of ripe stonefruit and grapefruit. It's a spicy, juicy chardonnay with a creaminess on the finish that works nicely with this champion chicken dish. To order visit www.garagiste.co.nz

STEAK WITH THREE SAUCES
Versatility is the name of the game when choosing a wine that'll win across all three sauces, and I think the Don Nicanor Cabernet Sauvignon 2011 ($28) will do the job nicely. Roast plum, cocoa and earthy caramelised characters burst from the glass alongside prune, pepper and smooth, velvety textures – simply delicious. To order visit www.winesale.co.nz

DUCK BREAST WITH PEARS TWO WAYS
Before you even attempt this recipe, get online to order a bottle of Quest Farm Grand Central Pinot Noir 2013 ($27) to enjoy with it. It's a beautifully crafted pinot with duck written all over it. Plum, cherry, anise, cocoa, juniper and dried herbs – what more could you want in a wine match? To order visit www.questfarm.co.nz

TARRAGON AND PARMESAN CRUMBED MUSHROOMS
Match these succulent, savoury mushrooms with an equally juicy, herb-edged, fruit-soaked sauvignon blanc. I tried the Black Barn Tuki Tuki Hawke's Bay Sauvignon Blanc 2014 ($25) and its lemongrass, lemon verbena, lime and burst of basil and capsicum characters make it a perfect match. To order visit www. blackbarn. com

CINNAMON RICE PUDDING WITH ALMOND CRUMBLE
This is my sort of pudding: dreamy, creamy and smothered in spicy almonds. Treat yourself with the almondy awesomeness of an Amaretto Alexander – shake 30mls Amaretto liqueur with 30mls Crème de Cacao and a splash of cream over ice and strain into a brandy snifter. Yum.

ALFAJORES WITH DULCE DE LECHE
A great way to enjoy these fantastic biscuits is with a small glass of the equally decadent Harrington's Big John Special Reserve Bourbon Infused Strong Dark ($6.50, 500ml). There's a lovely caramel/mocha note on the nose and the infusion of Kentucky Bourbon adds a soft, smoky, spicy richness to the beer, making it a magic match here. To order visit www.liquormart.co.nz

VANILLA FLAN
Who says dessert has to be the end of the evening? Revitalise your tastebuds by enjoying this gloriously indulgent creamy treat with a flute of Tohu 'Rewa' Reserve Methode Traditionnelle Blanc de Noir 2012 ($38). The soft, nutty, creamy cashew characters in this refined and rather lovely drop will provide a clean, smooth caress for your caramel-coated palate. To order visit www.tohuwines.co.nz





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by **SARAH TUCK**

sweet comfort

Luscious puddings are just the ticket when the temperature drops.

DOUBLE-BAKED CHOCOLATE SOUFFLÉS WITH WHISKEY CHOCOLATE SAUCE

Recipes, styling and photography by Sarah Tuck

Double-Baked Chocolate Soufflés with Whiskey Chocolate Sauce

Chocolate is always a good idea, especially when it's a mousse-like soufflé: light in texture and darkly rich at the same time. Smothered in chocolate whiskey sauce and dusted with a few flakes of sea salt, these soufflés make an impressive yet simple dinner party dessert.

40 grams butter

3 tablespoons flour

2 tablespoons dark cocoa powder

300mls milk

⅓ cup caster sugar

120 grams dark chocolate, chopped into small chunks

4 eggs, separated

1 tablespoon vanilla extract or whiskey

sea salt

Whiskey chocolate sauce

100mls cream

120 grams dark chocolate, chopped into small chunks

20mls whiskey

8 × ⅔ cup capacity ramekins, greased and bases lined with a circle of baking paper

Preheat the oven to 180°C.

Place the butter in a saucepan and melt over a gentle heat, then whisk in the flour and cocoa powder. Add the milk and sugar and continue whisking to a thickish sauce.

Remove from the heat and add the chocolate. Whisk until smooth then add the egg yolks and whisk again.

Place the egg whites and a pinch of salt in a separate bowl and whisk to firm peaks. Fold a few spoonfuls of egg white into the chocolate sauce to loosen, then fold the chocolate sauce into the egg whites. Spoon the mixture into the ramekins and place them in a large roasting dish. Pour boiling water into the dish until it comes halfway up the sides of the ramekins.

Bake for 17–18 minutes until the soufflés are risen and starting to crack on top. Remove from the oven and cool for an hour. Run a knife around the top of each one to loosen and tip onto a flat plate.

Sauce: Heat the cream in a small saucepan until simmering. Remove from the heat, add the chopped chocolate and leave to sit for one minute. Whisk until smooth then add the whiskey and whisk again to combine.

To serve: To reheat the soufflés, either place on an oven tray lined with baking paper and pop into the oven at 180°C for 5 minutes or microwave each one for 20–30 seconds.

Serve with chocolate whiskey sauce, a small sprinkle of sea salt and cream or ice cream. **Serves 8**

Walnut Caramel Dumplings with Caramel Sauce and Walnut Praline

This recipe takes the comfort of caramel-smothered dumplings and adds a twist of texture and glamour with a dusting of walnut praline.

Dumplings

1½ cups plain flour

2 teaspoons baking powder

⅓ cup brown sugar

¼ teaspoon salt

50 grams butter, chopped

50 grams finely chopped walnuts (I pulsed mine in the food processor)

125mls milk

Sauce

1 cup brown sugar

30 grams butter

¼ teaspoon salt

2¼ cups boiling water

1 teaspoon cornflour

¼ cup cold water

Walnut praline

½ cup caster sugar

1 tablespoon water

1 cup walnuts

½ teaspoon sea salt

Dumplings: Place flour, baking powder, sugar, salt and butter in a food processor and pulse to form breadcrumbs. Tip into a large bowl and add the walnuts and milk, stirring to form a soft scone-like dough. Gently scoop out spoonfuls of dough and roll into 12 balls. Set aside.

Sauce: Place sugar, butter and salt in a large saucepan. Add the boiling water and stir to combine. Mix the cornflour with the cold water until smooth and whisk into the sauce. Bring to a boil then reduce to a simmer and gently lower the dumplings into the sauce. Cover and simmer for 18–20 minutes until cooked.

Praline: Line a baking dish with baking paper. Place the sugar and water in a clean saucepan over a medium heat. Whisk to combine then stop stirring and wait for the sugar to become light golden in colour, swirling the pan for even colouring. Immediately add the walnuts and salt and pour into the prepared dish. Leave to harden. Once set, break it up by smashing a few times with a rolling pin then pulse in a food processor to your desired texture: chunky or powdery.

To serve: Divide the dumplings and sauce between bowls. Top with a scoop of vanilla ice cream and a sprinkling of walnut praline. **Serves 4–6**





WALNUT CARAMEL DUMPLINGS WITH CARAMEL SAUCE AND WALNUT PRALINE
[recipe previous page]

Rhubarb and Apple Pie

I love this old-fashioned combination of flavours (rhubarb always makes me think of my grandmother's flourishing patch by her clothesline) with plenty of tart, zingy rhubarb and Granny Smith apples tucked into a pastry case topped with stars sprinkled in raw sugar for a wee bit of crunch. Serve generously with a big scoop of vanilla ice cream or some thick cream.

Pastry

2 cups plain flour

¼ cup icing sugar

¼ teaspoon salt

120 grams cold butter, chopped into cubes

2 egg yolks

1 teaspoon white vinegar

¼ cup iced water

1 tablespoon milk

Filling

25 grams butter

3 large Granny Smith apples, peeled, cored and cut into wedges

600 grams rhubarb, washed, trimmed and cut into 3cm pieces

⅓ cup caster sugar (or to taste)

1 tablespoon vanilla extract

2 tablespoons water

1 tablespoon raw sugar

24cm pie tin, lightly greased

Base: Place the flour, sugar, salt and butter in a food processor and pulse to form rough breadcrumbs. Add one egg yolk, the vinegar and water and pulse until the pastry starts to come together.

Tip onto a clean bench and knead briefly into a sausage shape. Slice off ⅓ of the pastry and wrap both pieces in plastic wrap and refrigerate for 10 minutes.

Preheat oven to 180°C.

Roll out the larger piece of pastry and line the pie tin. Trim the edges, line the pastry base with baking paper and fill with baking beans. Bake blind for 10 minutes. Remove the beans and paper. Combine the second egg yolk with the milk, and brush over the pastry base. Cook for a further 5 minutes until lightly golden.

Filling: Melt the butter in a large saucepan and add the apples, rhubarb, sugar, vanilla and water. Cover and cook over a medium/high heat for 5–8 minutes until softened. Set aside to cool.

Topping: Roll out the remaining pastry between two pieces of baking paper. Use cookie cutters to cut whatever shapes you fancy.

To assemble: Spoon the cooled fruit filling into the pie shell and top with randomly overlapping pastry shapes. Brush the pastry shapes with egg wash, sprinkle with raw sugar and bake for 20–25 minutes until golden. Serve with thick cream or ice cream. Serves 6–8



RHUBARB AND APPLE PIE





COCONUT CUSTARD AND
RASPBERRY TART
WITH CHOCOLATE PASTRY

perfect pastry

From tarts to pies, empanadas to everything in-between, pastry is the versatile shell for a *variety of delicious fillings*.

Photography by Aaron McLean

Coconut Custard and Raspberry Tart with Chocolate Pastry

Silky coconut cream custard pairs beautifully with tart raspberries and is encased in a rich, crisp chocolate pastry. Use fresh berries when in season.

170 grams plain flour
2 tablespoons cocoa
pinch salt
2 tablespoons icing sugar
100 grams butter, diced and chilled
1 egg, beaten
2 tablespoons chilled water

Filling
250ml coconut cream
150ml cream
⅓ cup caster sugar
1 egg
4 egg yolks
finely grated zest 1 large lime
200 grams frozen raspberries (don't thaw)

24cm loose-based tart tin

Preheat the oven to 180°C fan bake.

Pastry: Put the flour, cocoa, salt and icing sugar in a food processor and pulse to combine. Add the butter and process to coarse crumbs.

Combine the egg and water and tip into the mixture.

Pulse until the dough just starts to come together then tip onto the bench and finish bringing together with your hands. Flatten into a disc then wrap in plastic wrap and chill for 30 minutes. *There will be little specks of butter in the dough.*

Roll the pastry out on a lightly floured bench and line the tart tin. Chill or freeze until firm.

Bake blind (see Kitchen Notes page 126) for 20 minutes then remove from the oven.

Reduce the oven temperature to 140°C fan bake.

Carefully lift out the paper and weights and return the tart to the oven for 5 minutes.

Filling: Whisk all the ingredients together, except the frozen raspberries, and pour into a jug.

Scatter the raspberries over the base of the tart and carefully pour in ¾ of the filling.

Place the tart in the oven then pour in the remaining filling.

Bake for 30 minutes until the custard is just set but with a slight wobble.

Cool for 30 minutes before removing from the tin. Serve just warm or at room temperature. Serves 8



Mexican Chicken Empanadas (gf)

These Mexican 'hand pies' use masa flour, which has a beautiful nutty flavour. A tortilla press is the traditional way of pressing out the dough, but a rolling pin works fine too.

Pastry
2 cups masa flour (I used 1 cup each of blue and yellow)
sea salt
water

Chicken
500 grams boneless chicken thighs, skin-off
1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, crushed
1 teaspoon each ground cumin, coriander and smoked paprika
½ teaspoon ground allspice
½ teaspoon chipotle chilli flakes
½ teaspoon celery seed
2 teaspoons cocoa
2 tablespoons tomato paste
1 cup chicken stock
sea salt and ground pepper

To finish
canola oil for cooking
guacamole, sour cream and tomato salsa for serving (optional)

Chicken: Cut each chicken thigh into 2–3 pieces. Set aside.

Heat the oil in a sauté pan and cook the onion with a pinch of salt until tender.

Add all the remaining ingredients down to and including the tomato paste, and cook for 2 minutes, adding a splash of water if the pan is dry.

Add the chicken and turn to coat in the spices. Cook for 5 minutes, stirring often. Season, add the stock and bring to the boil.

Reduce the heat and simmer for 20 minutes or until the liquid has reduced and the chicken is cooked through and coated with a thick, glossy sauce.

Cool for 15 minutes then use two forks to shred the chicken finely. Cool completely before making the empanadas.

Pastry: Mix the masa flour and salt with just enough water to make a smooth, pliable dough. Cover with a damp tea towel and leave for 30 minutes.

Pull off golf ball-sized pieces of dough and place between 2 pieces of baking paper. Roll out to a 16cm circle. Remove the top piece of paper and place a spoonful of the chicken on one half of the dough. Using the baking paper as a guide, fold the dough over to make a half moon shape. Press the edges together to seal well. *Make sure there are no holes in the pastry.*

Heat 5cm of oil in a deep medium-sized saucepan until 160°C on a thermometer or until a piece of bread dropped into the oil turns golden in 30 seconds.

Cook the empanadas in batches for 3–4 minutes until the pastry is golden, turning them halfway through cooking. Drain on kitchen towels then serve hot with guacamole, sour cream and tomato salsa, if using. Makes 10

PANTRY NOTE: *Masa flour* is a traditional Mexican flour made from maize. Available at specialty food stores and some wholefood stores.



CARAMEL AND
HAZELNUT TARTS



EMPANADAS



GF

MEXICAN CHICKEN EMPANADAS
[recipe previous page]



WALNUT AND APRICOT
ENSAIMADAS
[recipe next page]

Caramel and Hazelnut Tarts

Two words sum up these tarts: utterly delicious!

Pâte Sucrée
1⅔ cups plain flour
½ teaspoon sea salt
¾ cup icing sugar
110 grams butter, diced and chilled
1 egg yolk
3 tablespoons chilled water

Filling
⅓ cup packed brown sugar
¼ cup golden syrup
1 teaspoon vanilla extract
100 grams butter
½ cup cream
200 grams hazelnuts, roasted and roughly chopped
1 egg, lightly beaten

To serve
icing sugar to dust
mascarpone

shallow tart tins, lightly greased (I used tins that are 6cm across the top and 4cm across the base, with a 50ml capacity)

Preheat the oven to 160°C fan bake.

Pastry: Put the flour, salt, icing sugar and butter in a food processor and blend to coarse crumbs. Combine the egg yolk and water and add to the mixture, pulsing until the dough comes together. Tip onto a large piece of plastic wrap, divide in half and form each into a flat disc. Wrap both pieces of pastry. Chill one until firm and freeze the second piece.

Roll out on a lightly floured bench until 4mm thick. *Rolling the pastry thinly means you don't have to blind bake the tarts before filling.*

Stamp out rounds and line the tins. Chill until the pastry is very firm.

Filling: Combine all the ingredients, except the hazelnuts and egg, in a saucepan and bring to the boil, stirring to dissolve the sugar.

Simmer for 3 minutes then remove from the heat and stir in the nuts. Cool completely. Add the beaten egg and mix well to combine.

Divide the filling between the tart cases and bake for 18–20 minutes or until the filling is bubbling and the pastry is golden. Cool and serve with a dusting of icing sugar and a dollop of mascarpone. Makes 12 tarts depending on the size of the tins used

COOK'S TIP: This pastry makes enough for 24 tarts. Use half and freeze the rest for another time.

The filling is for 12 tarts, so double the recipe if making 24.

Tuna and Olive Empanadas

These Argentinian pies are tender pastry pockets that can be filled with meats and vegetables or, as I have here, with tuna and olives.

Pastry
175 grams plain flour
¼ teaspoon sea salt
70 grams butter, melted
1 egg
milk to glaze
caraway seeds for sprinkling (optional)

Filling
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, crushed
½ teaspoon sea salt
½ teaspoon each ground cumin and smoked paprika
¼ teaspoon chilli flakes
1 cup crushed tomatoes
115 gram tin tuna in oil, drained and flaked
¼ cup roughly chopped pitted green olives
2 tablespoons chopped coriander or parsley
2 eggs, hard-boiled

Preheat the oven to 180°C fan bake.

Filling: Heat the oil in a sauté pan and cook the onion and garlic with the salt until tender. Stir in the spices then the tomatoes. Simmer for 5 minutes and add the tuna, olives and coriander. Simmer until the mixture has reduced and is thick. Cool completely before using.

Pastry: Combine the flour and salt in a bowl. Whisk the butter and egg together then stir into the flour to make a soft dough.

Tip onto the bench and knead gently for 1 minute.

Divide the dough into 8 pieces.

Roll each piece into a 14cm circle and place a spoonful of the tuna mixture in the centre. Slice each egg into 4 and place one slice on top of the filling.

Brush the edges with milk then bring the sides up and make small pleats to seal. Place on a lined baking tray and brush with milk and caraway seeds, if using.

Bake for 20 minutes until the pastry is golden and crisp. Makes 8



CARAMELISED PUMPKIN AND SPINACH TART WITH PAPRIKA, CARAWAY SEED AND CHEESE PASTRY

COOK'S TIPS:

To make it easier on the day of serving, the pumpkin and the onion/spinach base can be cooked 2 days ahead. Make the pastry 1 day ahead. Line the tin, cover and freeze until ready to assemble. Make the cream mixture on the day of cooking.

The pastry recipe makes enough for 2 × 20cm round or 2 × 35cm rectangle tarts and will freeze for up to 2 months. The filling is for 1 tart, so double if making two.

Caramelised Pumpkin and Spinach Tart with Paprika, Caraway Seed and Cheese Pastry

This beautiful pastry case can be topped with any of your favourite roasted vegetables. Try beetroot, carrots, fennel, mushrooms and, when in season, lightly cooked asparagus is delicious too. See the tips opposite for easy assembly.

Pastry
150 grams plain flour
¼ teaspoon sea salt
1 teaspoon smoked paprika
1 teaspoon caraway seeds
100 grams butter, diced and chilled
½ cup grated Cheddar cheese
1 egg yolk
2–3 tablespoons cold water

Filling
800 grams pumpkin, peeled, seeded and cut into 1cm thick wedges (I used crown)
olive oil
1 onion, thinly sliced
2 cloves garlic, crushed
1 tablespoon thyme leaves
3 cups packed baby spinach leaves (120 grams)
⅓ cup sour cream
3 eggs
⅓ cup cream
1 tablespoon Dijon mustard
½ teaspoon grated nutmeg
100 grams soft blue cheese
sea salt and ground pepper

35cm × 11cm rectangular loose-based tart tin

Preheat the oven to 180°C fan bake.

Pastry: Place all the ingredients, except the egg yolk and water, in a food processor. Pulse until the mixture resembles coarse crumbs.

Combine the yolk with 2 tablespoons of the water and add to the mixture. Pulse until the dough just starts to come together, adding the extra water if necessary.

Tip onto the bench and finish bringing the dough together by hand. Divide in half and form into two flat discs then wrap in plastic wrap. Chill one piece for 30 minutes and freeze the second piece.

Roll the chilled pastry out on a lightly floured bench and line the tin. Chill or freeze until firm.

Filling: Place the pumpkin on a lined baking tray, brush with olive oil and season. Roast for 20 minutes or until just tender and lightly golden. Cool.

Heat a little oil in a sauté pan and cook the onion, garlic and thyme with a good pinch of salt until soft. Add the spinach and turn until wilted. Cool.

Whisk the sour cream in a bowl until smooth. Whisk in the eggs, cream, mustard and nutmeg and season well. Pour into a jug.

Place the tart tin on a flat baking tray. Sprinkle half of the blue cheese over the base then top with all of the onion mixture. Add the remaining blue cheese then arrange the pumpkin over the top. Carefully pour the cream mixture over the pumpkin. *Don't let the mixture overflow or the tart will stick in the tin.*

Bake for 15 minutes then reduce the oven temperature to 150°C. Continue to bake for another 35 minutes. *Loosely cover the top of the tart with foil if it's overbrowning.* The tart should feel firm to the touch with no uncooked liquid in the base. Cool for 1 hour before removing from the tin. Serves 6–8

Walnut and Apricot Ensaimadas

Trays of crispy, sugar-dusted ensaimadas were proudly displayed in bakeries and markets when we visited Buenos Aires. Usually made with a yeast pastry, these filo versions are quicker and easier and just as delicious.

50 grams dried apricots, very finely chopped
1 tablespoon glace mixed peel, finely chopped
2 tablespoons brandy or orange liqueur, such as Cointreau or Grand Marnier
50 grams butter, at room temperature
100 grams caster sugar
1 egg
60 grams roasted walnuts, finely ground
35 grams plain flour
½ teaspoon grated nutmeg
pinch sea salt
finely grated zest 1 lemon

To assemble
8 sheets filo pastry
melted butter
¼ cup flaked almonds

To serve
icing sugar for dusting
plain yoghurt (optional)
honey (optional)

large flat baking sheet lined with baking paper

Preheat the oven to 180°C fan bake.

Soak the apricots and glace peel in the brandy or orange liqueur for one hour.

Beat the butter and sugar until light and pale. Add the egg and beat well.

Add all the remaining ingredients, including the soaked fruit, and mix well.

To assemble: Working with two sheets of filo at a time *(keep the others under a damp tea towel)* brush one lightly with melted butter then top with the 2nd sheet.

Cut in half lengthwise to give you two rectangles.

Spread 2 tablespoons of the walnut mixture over each rectangle, leaving a 1cm border. Brush the border with butter then starting with the longest edge, roll up into a long sausage. Brush the ends with butter and pinch to seal.

Transfer to the baking tray, placing it seam side down, then wrap around to form a coil.

Repeat with the remaining pastry and filling to make 8 ensaimadas.

Brush each coil with butter and sprinkle with almonds.

Bake for 10 minutes then reduce the oven to 150°C fan bake.

Bake for another 10 minutes until golden and crisp, turning the tray for even browning.

Cool for 10 minutes then dust with icing sugar. Serve warm or at room temperature with plain yoghurt and a drizzle of honey if desired. Makes 8

Chocolate Profiteroles (gf)

This gluten-free choux pastry is just as delicious as the version made with regular flour. Fill with the chocolate custard or softly whipped cream and top with the ganache.

Choux pastry
½ cup milk
½ cup water
100 grams butter, diced into small pieces
pinch of sea salt
1¼ cups self-raising gluten-free flour (I used Orgran brand)
5 × #7 eggs (large)

To assemble
chocolate custard cream (see recipe this page) or softly whipped cream
chocolate ganache (see recipe this page)

Preheat the oven to 180°C fan bake.

Put the milk, water, butter and salt in a medium saucepan and slowly bring to the boil to melt the butter.

Immediately remove from the heat and quickly tip in the flour, beating vigorously with a wooden spoon until a thick, smooth dough forms and pulls away from the sides of the saucepan. Place over a low heat and cook, stirring continuously for 2 minutes. Tip the dough into the bowl of a standing mixer and cool for 10 minutes.

Add 4 of the eggs, one at a time, beating thoroughly between each addition to make a thick, smooth, shiny dough that falls cleanly off the beaters when lifted. Only add the fifth egg if needed.

Drop large spoonfuls of dough onto a lined baking tray.

Bake for 20 minutes or until well risen, then reduce the oven to 150°C and bake for a further 15 minutes until well cooked, crisp and golden.

Transfer to a cooling rack and cool completely.

To assemble: Halve the profiteroles and fill the bases generously with the chocolate custard cream or softly whipped cream. Dip the tops in the ganache and sandwich with the bases. Makes 8

COOK'S TIP: I find it best to use a self-raising gluten-free flour when making these profiteroles as it gives a better result than using plain gluten-free flour.

Chocolate Ganache

50ml cream
100 grams dark chocolate, chopped
½ teaspoon rice bran oil

Heat the cream to just below boiling point. Remove from the heat and add the chocolate. Leave for 2 minutes then whisk until smooth, and stir in the oil. Cool to room temperature.

Chocolate Custard Cream

¼ cup caster sugar
3 tablespoons cornflour
1 cup milk
1 teaspoon vanilla extract
3 × #7 egg yolks (large)
1 tablespoon butter
50 grams dark chocolate, finely chopped
1½ cups cream

Put the sugar and cornflour in a small saucepan then whisk in the milk until smooth. Whisk in the vanilla and the egg yolks.

Cook over a medium low heat, whisking constantly until the custard just starts to thicken on the base of the saucepan. Immediately remove from the heat and continue to whisk for 1 minute until very thick and glossy. Place over a low heat and cook, whisking constantly for 1 minute. Remove from the heat and whisk in the butter and chocolate until melted and smooth.

Tip into a bowl and press a piece of plastic wrap over the surface to prevent a skin forming. Cool.

Whisk the cooled custard until smooth. Whisk the cream until it just starts to thicken then add to the chocolate custard. Continue to whisk together until thickened to just past soft peaks.

PROPS: Coconut Custard and Raspberry Tart with Chocolate Pastry: Tart plate from Tessuti (shop.tessuti.co.nz). Creamer and sugar bowl from Superette (www.superette.co.nz). Vintage plates from Romantique (www.romantique.co.nz). Throw and table runner from Collect Living (www.collectliving.co.nz). Knife from The Props Department (www.thepropsdepartment.co.nz). **Caramel and Hazelnut Tarts:** Rectangular plate from Superette. Cake fork from The Props Department. Bowls from Tessuti. Napkin and throw from French Country (www.frenchcountry.co.nz). Black plate from Nest (www.nest-direct.co.nz). **Empanadas:** Slate board from Macy Home (www.macyhome.co.nz). Napkin from Nest. **Walnut and Apricot Ensaimadas:** Plate from Tessuti. Throw from Collect Living. Plate from Superette. Weck jar and honey stick from Everyday Needs (www.every-needs.co.nz). Jug and sugar bowl from Republic. Teapot and grey bowl from Taylor Road Home (www.taylorroad.co.nz). Cups from Freedom (www.freedomfurniture.co.nz). **Mexican Chicken Empanadas:** Marble board from The Props Department. Black bowl from Everyday Needs. **Caramelised Pumpkin and Spinach Tart with Paprika, Caraway Seed and Cheese Pastry:** Marble board from Citta (www.cittadesign.co.nz). Glasses from Madder and Rouge (www. madderandrouge.co.nz). Plate from Republic. **Chocolate Profiteroles:** Throw from Collect Living. Plates from Shop at Charles (www.shop@charles.co.nz). Stand from Republic (www.republichome.co.nz). **Mince and Bacon Pies with Crispy Cheese and Rosemary Twists:** Plate from Nest. Cushion cover used as mat from French Country. Fork and dish from The Props Department. All uncredited props stylist's own. Meat from Neat Meat (www.neatmeat.com). Fresh produce from Farro Fresh (www.farrofresh.co.nz).



GF

CHOCOLATE
PROFITEROLES



MINCE AND BACON PIES WITH CRISPY CHEESE AND ROSEMARY TWISTS

Mince and Bacon Pies with Crispy Cheese and Rosemary Twists

These pies are filled with a rich dark mince, and I've topped them with my recipe for cheese and rosemary twists to give an extra hit of flavour.

Pastry

5 sheets pre-rolled butter puff pastry (25cm × 25cm)

1 egg, beaten

1 cup grated Cheddar cheese

1 tablespoon finely chopped rosemary

Filling

1 tablespoon olive oil

1 onion, finely chopped

1 carrot, grated

2 cloves garlic, crushed

100 grams bacon, finely chopped

600 grams good beef mince

2 tablespoons soy sauce

2 tablespoons Worcestershire sauce

1 tablespoon tomato paste

1 cup beef stock

1 tablespoon cornflour mixed with 1 tablespoon water

sea salt and ground pepper

6 × 12cm pie tins

Filling: Heat the oil in a large sauté pan and cook the onion, carrot, garlic and bacon with a good pinch of salt until the onion is tender. Increase the heat to high and add the mince. Cook for 5 minutes, stirring to break up any lumps.

Add the soy and Worcestershire sauces and the tomato paste and cook until the meat is glossy. Add the beef stock and the cornflour mixture and bring to the boil. Season and simmer for 20 minutes, stirring occasionally to prevent it catching on the base of the pan. *The mixture should be quite thick, without too much liquid.* Cool completely before assembling the pies.

Preheat the oven to 180°C fan bake.

To assemble: Using 3 sheets of the pastry, cut 2 × 14cm circles from each sheet. Line the pie tins and fill with the mince. Chill for 10 minutes.

Brush the remaining 2 sheets with egg wash. Sprinkle evenly with the cheese and rosemary, then grind over salt and pepper, pressing it on lightly to adhere.

Cut each sheet into 6 strips. Twist each strip and place 2 on top of each pie. Brush with egg wash and scatter over any cheese that has fallen off.

Bake for 30 minutes until puffed and golden and the pastry is really well cooked and crisp. **Makes 6**

AND TO DRINK...

Wine editor Yvonne Lorkin suggests drinks matches for these dishes



COCONUT CUSTARD AND RASPBERRY TART

Kereru 'For Even Greater Justice' Toasted Oat and Coconut Imperial Porter ($9, 500ml) might seem an odd combo, but the cocoa and mellow biscuity, creamy flavours in the beer work perfectly with the tangy raspberry and creamy coconut notes in these terrific tarts. For stockists visit www.kererubrewing.co.nz

MEXICAN CHICKEN EMPANADAS (GF)

Maintain the gluten-free direction of this dish by pairing it with the tasty Elk Cove Vineyards Pinot Gris 2014 ($33). Grown in Oregon's Willamette Valley, it has clean nashi and quince characters to balance the chicken's spicy intensity and it's ultra-refreshing on the finish. To order email beverages@kono.co.nz

CARAMEL AND HAZELNUT TARTS

Simple is best when you're looking for something to accentuate the all-round amazingness of these tarts. I suggest a subtle splash of Frangelico ($47) into a shot or two of espresso to serve alongside. The richness of the coffee, edged with sweet hazelnut, makes for a sexy pairing. To order visit www.lk.co.nz

EMPANADAS

You'd never normally pair fish with red wine, however tuna is a different story. These spicy tuna-filled pastries are a dream with a bright, softly-fruited red wine like the Ara Single Estate Marlborough Pinot Noir 2013 ($23). The tuna's salty tang brings out the sweet cherry, plum and berry notes in this wine. It's gentle, succulent and saucy. To order visit www.glengarrywines.co.nz

CARAMELISED PUMPKIN AND SPINACH TART

I love how the sweetness of the roast pumpkin merges with the creamy filling and the tangy, caraway seed and paprika notes in the pastry. Pair this with the delicate white peach and spicy lychee-laden loveliness of the Hunters Marlborough Gewürztraminer 2014 ($23). Prepare to be wowed. To order visit www.hunters.co.nz

WALNUT AND APRICOT ENSAIMADAS

I'm reaching immediately for a glass of the gorgeous Hawkesridge Noble Viognier ($36, 375ml) to serve here because it oozes honeyed apricot, toffee and citrus characters yet finishes tangy and fresh. Lovely stuff. To order visit www.hawkesridge.co.nz

CHOCOLATE PROFITEROLES

As you pass the plate of these drool-inducing éclairs around, offer your guests a small glass of the Baileys Chocolat Luxe ($39) to savour with them. I love the indulgent creamy texture of this liqueur, and the injection of chocolate makes it a dangerously good partner for these profiteroles. To order visit www.glengarrywines.co.nz

MINCE AND BACON PIES WITH CHEESE & ROSEMARY TWISTS

As my dad would say, this is a dish "that'll put hair on your chest". So match these pies with a bold, buxom wine like the Amaru Cabernet Sauvignon 2012 ($15) from Argentina. It has a distinctly earthy, meaty, savoury character on the nose and palate, and a spicy, mushroom-edged finish. To order visit www.winesale.co.nz

BUCKWHEAT AND LEEK RISOTTO WITH ROASTED BROCCOLI AND PINE NUTS



by **KELLY GIBNEY**

wholefood kitchen

Kelly Gibney has some healthy ideas for beating the winter chill.

Recipes, photography and styling by Kelly Gibney

Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts

This risotto is a perfect example of how moving to a more wholefood-focused diet doesn't mean saying goodbye to comfort foods. Hearty, wholesome and rich, this is perfect for chilly nights. Note: Buckwheat must be soaked overnight or for at least eight hours prior to starting this recipe.

1 cup buckwheat (not the pre-toasted variety, which is often called 'kasha')

ghee or olive oil for sautéing and roasting (3 tablespoons for sautéing and 3 tablespoons for roasting)

1 leek, trimmed and finely sliced

3 garlic cloves, finely diced

½ teaspoon dried tarragon

½ cup white wine

zest one lemon

1 bay leaf

3½ cups vegetable stock (you could also use chicken)

½ cup finely grated Parmesan

2 medium-sized broccoli heads, cut into florets

To serve
extra Parmesan

pine nuts

Place the buckwheat in a large bowl and cover with cold water. Leave to soak overnight or for at least 8 hours. Drain and rinse well under running water until the grain is no longer gluggy. Set aside.

Preheat the oven to 200°C.

Place the broccoli in an ovenproof dish. Toss well with three tablespoons of oil and roast until tender and the tips are browned. Season with salt and set aside.

Heat 3 tablespoons of oil in a sauté pan over a medium heat. Add the leek and garlic and cook gently, without browning, until translucent and soft.

Add the tarragon, wine, buckwheat, lemon zest, bay leaf and half of the stock. Stir to combine. Reduce the heat slightly and cook until the liquid is almost entirely absorbed – stirring often. Remove the bay leaf after 15 minutes. Continue to add the stock half a cup at a time and stir regularly. This will take approximately 45 minutes.

The risotto is ready when the buckwheat is tender and the texture is creamy and not too soupy. Stir through the Parmesan and season with salt and pepper.

To serve: Divide the risotto between four bowls. Top with the roasted broccoli, a generous sprinkling of pine nuts and grate over a little additional Parmesan. Serve immediately. Serves 4

Quinoa Pilaf with Slow Roasted Turmeric Onions, Goat's Cheese, Pumpkin and Mint

I love this bright and tasty play on a traditional pilaf. The slow roasted onions really lift it and make it something special. Great on its own, or as a side to meat or fish.

1½ cups quinoa (any colour)

3 cups vegetable stock

3 onions

1 teaspoon ground turmeric

1 teaspoon maple syrup or honey

¼ crown pumpkin, peeled and chopped into cubes (you need roughly 3 cups of chopped pumpkin)

melted ghee or olive oil for roasting (3 tablespoons for the onions and 2 tablespoons for the pumpkin)

zest and juice one lemon

4 tablespoons good quality olive oil for drizzling

½ cup fresh mint leaves, sliced into ribbons

100 grams goat feta

sea salt and cracked black pepper

To garnish
mint leaves

pumpkin seeds (optional)

Preheat the oven to 170°C.

Peel the onions and cut into eighths. Place in a roasting dish with the turmeric, maple syrup and three tablepoons of oil and toss well. Roast for 1 hour or until the onions are meltingly soft.

Toss the pumpkin in 2 tablespoons of oil and roast for 45–60 minutes until tender and lightly golden.

Place the quinoa in a saucepan with the stock. Cover and bring to the boil and then leave to simmer with the lid ajar for 15–20 minutes, or until the stock has been absorbed.

Combine the quinoa with the roasted pumpkin, goat feta and onions. Stir well. Add the lemon zest and juice, olive oil, mint and a good seasoning of sea salt and cracked black pepper.

To serve: Garnish with additional mint leaves and a sprinkling of pumpkin seeds if desired.

Can be served immediately warm, or at room temperature. Serves 4

PROPS: Cutlery stylist's own. All others from Father Rabbit (www.fatherrabbit.co.nz).



QUINOA PILAF WITH SLOW ROASTED TURMERIC ONIONS, GOAT'S CHEESE, PUMPKIN AND MINT
[recipe previous page]



SUPERSEED LOAF

Superseed Loaf

This no-knead one-bowl loaf is incredibly simple to make and an absolute knockout in the flavour department. My recipe is an adaption of a recipe from divine Danish food blog 'My New Roots'. Try it toasted alongside soup or with your favourite winter salad. Note: Start this recipe 10 hours before you wish to serve it.

- 1½ cups cooked quinoa (a little over half a cup of raw quinoa will yield 1½ cups cooked)
- ½ cup raw hazelnuts
- ½ cup whole rolled oats
- 1 cup sunflower seeds
- ½ cup linseeds/flaxseeds
- 4 tablespoons chia seeds
- 4 tablespoons ground psyllium husk (I used Ceres Organics)
- 1 teaspoon sea salt
- 1¼ cups warm water
- 4 tablespoons melted coconut oil
- 3 tablespoons maple syrup
- loaf tin, lined with baking paper

Combine all the dry ingredients in a large bowl and stir to combine.

In a small jug, mix together the warm water, coconut oil and maple syrup.

Pour into the dry ingredients and mix well. Tip into the lined loaf tin.

Leave on the bench in a cool spot for 6–10 hours.

Preheat oven to 180°C.

Bake the loaf for 60 minutes. Lift gently out of the tin and place the loaf directly onto the oven rack. Bake for a further 40 minutes.

Leave the loaf to cool on a wire rack. Slice with a sharp bread knife when cooled entirely.

The loaf can be enjoyed fresh or toasted. It will freeze brilliantly but should be sliced first. Makes 1 loaf

PANTRY NOTE: *Ground psyllium husk* is the ground husk from a plant seed. It is a source of soluble fibre and has incredible binding abilities, making it helpful in vegan and gluten free baking. You will find it at good supermarkets, health food stores and in the dried fruit and nut section of large fruit and vegetable shops.

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SOY AND GINGER FISH WITH MUSHROOMS AND GREENS

easy everyday

Simple meal solutions for any night of the week.

Photography by Manja Wachsmuth

Soy and Ginger Fish with Mushrooms and Greens

A big bowl of steaming fragrant broth brimming with vegetables, rice and tender fish is perfect for winter nights.

800 grams white fish fillets
4 tablespoons rice bran oil
1 teaspoon sesame oil
2 cloves garlic, crushed
2 teaspoons grated fresh ginger
400 grams mushrooms (I used Portobello and button)
4 stems Asian greens (use bok choy or gai larn)
2 cups chicken or vegetable stock
2 tablespoons soy sauce
2 tablespoons oyster sauce

To serve
hot, cooked brown rice or egg noodles to serve
sliced red chilli, coriander and lemon wedges to serve
sea salt and ground pepper

Season the fish with salt and pepper. Heat 2 tablespoons of the oil in a sauté pan and cook the fish on both sides. Transfer to a plate, cover and keep warm.

Heat the remaining oil and sesame oil in the same pan. When hot, add the garlic and ginger and cook for 20 seconds. Add the mushrooms and cook for 5 minutes, adding a splash of stock if the pan is dry. Add the Asian greens, the stock, soy and oyster sauces and simmer until the greens are tender.

To serve: Divide the noodles or rice between serving dishes, top with the greens and ladle over the stock. Place the fish on top and garnish with sliced chilli, coriander and lemon wedges. Serves 4

Baked Chicken with Potatoes, Olives and Capers

This dish is perfect for a weeknight dinner and special enough for easy weekend entertaining. Serve with warm crusty rolls for mopping up the lovely juices.

12 chicken drumsticks
2 onions, cut into wedges
500 grams small waxy potatoes, halved if large
½ cup each green and black olives
2 tablespoons capers
3 cloves garlic, crushed
2 teaspoons dried tarragon
1 teaspoon each ground cumin and turmeric
½ cup white or red wine
½ cup chicken stock
sea salt and ground pepper

Preheat the oven to 180°C fan bake.

Put the chicken, onion, potatoes and olives in a baking dish large enough to hold everything in a single layer.

Combine all the remaining ingredients and pour over the chicken, turning everything to combine well. Season with salt and pepper. Bake for 60 minutes, turning everything occasionally and basting with the juices until the chicken is golden and cooked through and the potatoes are tender. Serve with a cooked green vegetable or salad. Serves 4–6



Pork Steaks with Parsnip and Potato Mash

Pork, parsnips and apples are one of my favourite winter dinner combos. You can use pork fillet or cutlets if you prefer.

500 grams parsnips, peeled
500 grams Agria potatoes, peeled
3 cups milk
2 cloves garlic, crushed
1 teaspoon salt
knob of butter
4 pork scotch fillet steaks
1 tablespoon olive oil
knob of butter
3 apples
2 teaspoons caster sugar
small handful sage leaves (optional)
sea salt and ground pepper

Slice the parsnips and potatoes thinly and place in a large saucepan with the milk, garlic and salt. Bring to the boil then simmer until tender.

Tip the vegetables into a sieve set over a bowl. Return the vegetables to the saucepan along with ½ a cup of the milk and the knob of butter. Use a stick blender to blend to a smooth purée, adding more milk if necessary. Season generously then cover to keep warm.

Season the pork. Heat the oil in a large sauté pan and cook the pork until just cooked through. Transfer to a plate, cover loosely and set aside to rest. *Don't wash the pan.*

Add the butter to the pan. Halve and core the apples then cut each half into 4 wedges. Place in the pan cut side down and sprinkle with the sugar. Cook until golden and tender, turning occasionally. Add the sage leaves (if using) for the last 2 minutes.

To serve: Put the purée on plates. Slice the pork and place on top along with the apples and sage. Drizzle with the pork resting juices and a grind of pepper. Serves 4



BAKED CHICKEN WITH POTATOES, OLIVES AND CAPERS
[recipe previous page]

Crumbed Lamb Steaks (gf)

Lamb steaks are a much cheaper option than cutlets and, providing you don't overcook them, they're delicious and juicy.

- 4 boneless lamb leg steaks
- sea salt and ground pepper
- 2 tablespoons wholegrain honey mustard or Dijon mustard
- 2 cups gluten-free breadcrumbs
- ½ cup freshly grated Parmesan
- 2 teaspoons finely chopped rosemary

Preheat the oven to 180°C fan bake.

Place a baking tray in the oven to heat while you prepare the lamb.

Cut each lamb steak into two pieces through the natural join and trim off any sinew and fat.

Season the steaks and spread one side with the mustard.

Combine the breadcrumbs, Parmesan and rosemary on a large plate and season with salt and pepper.

Put the lamb, mustard side down, in the crumbs and press to adhere.

Place crumb side up on the hot baking tray and roast for 10 minutes.

Transfer to plates and serve with the following kale salad.
Serves 4

COOK'S TIP: I process a whole loaf of bread and keep the extra crumbs in the freezer so I always have them on hand. I used Vogels (gf) seed loaf.



Kale and Mixed Seed Salad

- 8–10 stems kale
- ½ teaspoon sea salt
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ cup toasted mixed seeds

Strip the kale leaves off the stems and rip into large pieces. Place in a bowl with the salt and scrunch the leaves between your fingers until the leaves are dark green and softer in texture.

Add the olive oil and lemon juice and toss to coat all the leaves. Add half the seeds and gently combine.

Place in a serving bowl and top with the remaining seeds.
Serves 4

PANTRY NOTE: *Mixed seeds* are available from loose bins at most supermarkets.





ASIAN BEEF AND
MOUNTAIN BREAD WRAPS

Asian Beef and Mountain Bread Wraps

I love these easy, help yourself-style dinners. This recipe also works well with pork mince.

500 grams beef mince
2 tablespoons vegetable oil
3 tablespoons kecap manis
1 teaspoon ground cumin
¼ teaspoon ground cinnamon
pinch chilli flakes
3 cloves garlic, crushed
1 tablespoon lemon juice
1 red onion, thinly sliced
2 tablespoons water
2 tablespoons roasted peanuts, chopped
sea salt and ground pepper

To serve
1 packet mountain bread (gluten-free, regular or another wrap)
1 small telegraph cucumber, cut into matchsticks
sliced tomatoes
extra roasted peanuts
crispy shallots
fresh mint and coriander
lime or lemon wedges

Heat the oil in a large sauté pan. When hot, add the beef and a good pinch of salt and pepper.

Cook over a high heat, breaking it up with a spoon so there are no lumps.

Add the kecap manis, spices and garlic, season and continue to cook over a high heat, stirring constantly until the beef is dark brown and glossy. Stir in the lemon juice and let it sizzle up.

Use a slotted spoon to remove the beef to a bowl and set aside. *Don't wash the pan.*

Add the onion to the pan and cook until crisp tender, adding the water to deglaze. Return the beef to the pan and cook until hot, stirring in the chopped peanuts.

To serve: Divide the beef, cucumber, tomatoes, peanuts, shallots and herbs between the flatbreads. Add a squeeze of lime or lemon then wrap and devour. Serves 4

PANTRY NOTE: *Kecap manis* (pronounced 'Ketchup MAH-nees') is a sweetish, thick soy sauce made with palm sugar and seasoned with star anise and garlic. It is used as a condiment or as a substitute for dark soy sauce. Available in the international section at supermarkets or at Asian food stores.

Smoked Fish Mac & Cheese (gf)

While Lobster Mac & Cheese is all the rage in America, my smoked fish version is super tasty and much easier on the household budget.

500 grams moist smoked fish (I used Gemfish)
1½ cups milk
3 cups dried gluten-free penne pasta (I used Barilla brand)

Sauce
60 grams (4 tablespoons) butter
3 tablespoons brown rice flour
¼ teaspoon ground mace
½ cup grated Cheddar cheese
2 tablespoons chopped parsley
sea salt and ground pepper
4 hard-boiled eggs
extra cheese for grilling

Preheat the grill to its highest setting.

Break the smoked fish into large pieces, removing the skin and bones. Place in a saucepan with the milk and bring to just below the boil. Remove from the heat and leave for 15 minutes.

Cook the pasta in boiling salted water, according to the packet instructions. Drain then tip back into the saucepan. Cover and set aside to keep warm.

Tip the milk and fish into a strainer set over a bowl. Set the fish aside and use the milk for the sauce.

Sauce: Melt the butter in a saucepan and stir in the flour and mace. Whisk in a little of the milk until smooth then stir in the remaining milk. Place over a medium heat and bring to the boil, stirring constantly. Season with salt and pepper and simmer gently for 2–3 minutes to cook out the flour. Stir in the cheese and parsley.

Add the fish to the pasta then pour over the sauce. Gently fold everything together then divide between individual ovenproof serving dishes or one large dish.

Cut the eggs into quarters and nestle into the pasta. Top with extra cheese and place under the grill until hot and lightly golden. Serves 4

COOK'S TIP: Heating the fish and milk together may seem an unnecessary step, but it makes a big difference to the finished dish as it gives the sauce a much richer flavour.

PANTRY NOTE: *Ground mace* is available in the spice section of supermarkets and pairs beautifully with seafood. It is part of the outer shell of nutmeg.



GF

VEGETABLE AND MEATBALL SOUP

Vegetable and Meatball Soup (gf)

This is most definitely a hearty winter meal in a bowl.

500 grams good quality sausages

1 cup small raw pasta shapes, cooked (use gluten-free or regular pasta)

3 cups packed, ripped winter greens, leaves removed from stems (use cavolo nero, kale, silverbeet or spinach)

Parmesan for grating

herb salsa (see recipe below)

Soup base

2 tablespoons olive oil

1 onion, finely chopped

1 carrot, finely chopped

3 cloves garlic, crushed

2 teaspoons finely chopped rosemary

½ teaspoon caraway seeds

½ teaspoon ground cinnamon

1½ teaspoons smoked paprika

2 tablespoons tomato paste

1 × 400 gram tin crushed tomatoes

5 cups chicken stock

sea salt and ground pepper

Base: Heat the oil in a saucepan and add the onion, carrot, garlic, rosemary and caraway seeds. Season then cover and cook until tender, adding a splash of water if the pan is too dry.

Stir in the spices and tomato paste and cook for 1 minute. Add the tomatoes and stock and bring to the boil.

Reduce the heat, cover and simmer for 20 minutes. Add the greens and simmer until tender. Add the cooked pasta and heat through.

Meatballs: Remove the sausages from their skins and roll into marble-sized meatballs.

Heat a little olive oil in a sauté pan and cook the meatballs until golden and fully cooked. Transfer to a bowl and toss with a spoonful of the Herb Salsa.

To serve: Ladle the soup into bowls and top with the meatballs, extra salsa and shaved Parmesan.
Serves 4 as a main course

COOK'S TIP: I used 250 grams each raw chorizo, and pork and fennel sausages and combined the meat before rolling into balls.



GF

SMOKED FISH MAC & CHEESE
[recipe previous page]

Herb Salsa

1 cup tightly packed herbs (use any combination of parsley, mint and basil)

grated zest 1 lemon

1 tablespoon capers

2 cloves garlic, crushed

3 tablespoons olive oil

sea salt and ground pepper

Put the herbs, lemon zest, capers and garlic on a chopping board and chop together. Place in a bowl and stir in the oil, salt and pepper.



GF

FRESH PEAR, ALMOND AND GINGER CAKES
[recipe next page]

Fresh Pear, Almond and Ginger Cakes (gf)

This is a base recipe that I have been using for years and simply change out the nuts and fruit to match the seasons. I serve it with thick plain yoghurt sprinkled with coconut sugar; after a few minutes it melts into the yoghurt like caramel.

100 grams butter, melted
2 × #7 eggs (large)
finely grated zest 1 lemon
1 teaspoon vanilla extract
⅓ cup plain gluten-free or regular flour
½ teaspoon baking powder
1½ teaspoons ground ginger
½ teaspoon ground cardamom
pinch salt
100 grams ground almonds
¼ cup caster sugar
¼ cup light muscovado sugar

To assemble
3 small pears, halved and cored
2 tablespoons flaked almonds
2 tablespoons raw sugar

To serve
icing sugar for dusting
thick plain yoghurt (optional)
coconut sugar (optional)
whipped cream (optional)

6 standard muffin tins, greased and lined fully with baking paper (Bring the paper up the sides of the tins. Press it firmly against the sides, pleating where necessary.)

Preheat the oven to 180°C fan bake.

Cakes: Whisk the butter, eggs, lemon zest and vanilla together.

Sift the flour, baking powder, ginger and cardamom together in a large bowl then stir in the salt, ground almonds and both sugars.

Add the egg mixture and beat with a wooden spoon until combined.

Divide the mixture evenly between the tins.

To assemble: Cut the pears into 1cm slices and stand 3 slices in each cake. Scatter with the almonds, then the sugar.

Bake for 25–30 minutes until the tops are golden and the cakes are puffed and risen.

Serve warm dusted with icing sugar, along with thick plain yoghurt with a little coconut sugar sprinkled over the top, or softly whipped cream. Makes 6

PROPS: Soy and Ginger Fish with Mushrooms and Greens: Paul Maseyk bowl from Annex (www.annex.net.nz). Plate from Country Road (www.countryroad.com.au). Bowl and chopsticks from Japanese Lifestyle (www.japaneselifestyle.co.nz). Scarf used as runner from Collect Living (www.collectliving.co.nz). Planter from Shut the Front Door (www.shutthefrontdoor.co.nz). Glass from Nest (www.nest-direct.co.nz). **Baked Chicken with Potatoes, Olives and Capers:** Baker from French Country (www.frenchcountry.co.nz). Plates from Bob & Friends (www.bobandfriends.co.nz). Napkin from The Props Department (www.thepropsdepartment.co.nz). Varn tumblers and forks from Country Road. Scarf used as tablecloth from Republic (www.republichome.co.nz). Glasses from Nest. **Crumbed Lamb Steaks (gf):** Plates from Taylor Road Home (www.taylorroad.co.nz). Napkin from Tessuti (shop.tessuti.co.nz). Glass and fork from Country Road. Bowl from The Props Department. **Pork Steaks with Parsnip and Potato Mash:** Plate from Taylor Road Home. Platter from French Country. Bowl and carafe from Nest. Cutlery and carafe from Country Road. Throw from Republic. **Asian Beef and Mountain Bread Wraps:** Platter from Republic. Bowl, tapas dish with handle and napkins from Nest. Small black bowls from Japanese Lifestyle. Spoon from Country Road. Salt dish from Republic. **Vegetable and Meatball Soup (gf):** Bowl from Taylor Road Home. Plate from Country Road. Scarf used as table runner from Collect Living. Small plate from Indie Home Collective (www.indiehomecollective.com). Dish from The Props Department. Glass from Country Road. **Smoked Fish Mac & Cheese (gf):** Plate and glass from Country Road. Gratin dishes and napkin from Nest. Forks from Country Road. Mat from The Props Department. **Fresh Pear, Almond and Ginger Cakes (gf):** Plate from Japanese Lifestyle. Fork from Country Road. Bowl from Nest. Bowl and spoon, part of set, from Collect Living. Plate from Indie Home Collective. Napkin from The Props Department. All uncredited props stylist's own. Meat from Neat Meat (www.neatmeat.com). Fresh produce from Farro Fresh (www.farrofresh.co.nz).

AND TO DRINK...

Wine editor Yvonne Lorkin suggests drinks matches for these dishes



SOY AND GINGER FISH WITH MUSHROOMS AND GREENS
Make a jug of Green Tea Gimlet with this fish and your guests will adore you. Steep 3 green tea teabags in 1½ cups of gin (I use Lighthouse) for an hour. Mix in 180ml lime juice and 5 tablespoons lemon syrup. (Make syrup with 2 cups sugar, ¾ cups lemon juice, ¼ cup water and 1 tablespoon lemon zest. Heat until sugar is dissolved, then cool.) Pour into a shaker filled with ice. Shake, strain into glasses and squeeze lime juice over each one.

BAKED CHICKEN WITH POTATOES, OLIVES AND CAPERS
Choose a wine that won't overwhelm the flavours of the food here, and I love the way the Neudorf Twenty Five Rows Nelson Chardonnay 2014 ($28) accentuates the herb and spice notes in this dish. It's a gentle, clean, light and crunchy chardonnay, which pairs perfectly with this poulet. To order visit www.neudorf.co.nz

PORK STEAKS WITH PARSNIP AND POTATO MASH
My new favourite things are this recipe and a large glass of The Family Company Gisborne Viognier 2013 ($25). The wine bursts with baked apple, grilled apricot and cardamom characters – just perfect with the tangy apples, salty pork and mash. Viognier and pork is a winning combo. To order visit www.gisbornegourmet.com

CRUMBED LAMB STEAKS
Choose a pinot noir packed with sweet spices, dusty mushroom, black tea and cherry cola characters to go with this gorgeously juicy lamb dish. I'd recommend the Awatere River Marlborough Pinot Noir 2013 ($33) because it's all that and more. Slippery, sexy and sophisticated. To order visit www.arwc.co.nz

ASIAN BEEF AND MOUNTAIN BREAD WRAPS
"Everything is Awesome" says the label of the Epic Awakening Pils ($7, 500ml). Much more subtle on the hop-load than most other Epic offerings, it has a youthful citrus oil and lemon pith note that leads to lime and herb flavours, that are perfectly balanced with the biscuit malt finish. It's a smooth, juicy match with this banging beef. To order visit www.craftbeeronline.co.nz

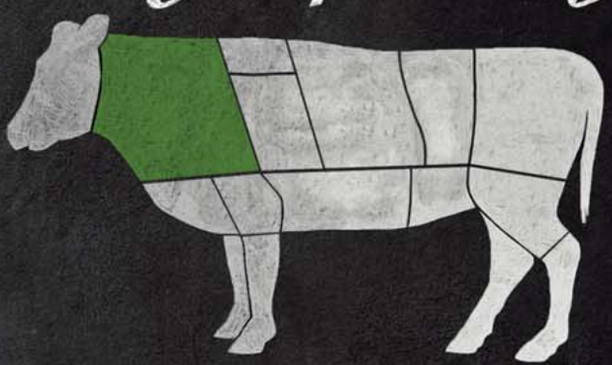
SMOKED FISH MAC & CHEESE
My favourite match with any kind of smoked fish is sauvignon blanc crafted using oak barrels. It brings a delicious white pepper and smoke note to the wine, softer acidity and an intriguing lemongrass and almond. My pick here? The certified organic, biodynamic Richmond Plains Blue Moon Sauvignon Blanc 2014 ($25). To order email orders@richmondplains.co.nz

VEGETABLE AND MEATBALL SOUP
Look for a robust, rib-sticking red to enjoy here, something like the Church Road McDonald Series Tempranillo 2013 ($26). It's chock-full of earthy, dusty spices, ripe dark fruit and has a velvety, plush finish that soaks through this soup sensationally. To order visit www. churchroad.co.nz

FRESH PEAR, ALMOND AND GINGER CAKES
Aromas of almond meal, toffee, grilled apricot and dried mandarin, followed by bracing acidity, nutty notes and a slippery, yet warming texture, make the Pegasus Bay Finale Noble Semillon 2011 ($36) the perfect partner here. To order visit www.pegasusbay.com

MEAT Matters

Beef chuck



An essential component of any recipe is to have the right cut of meat for the job. As with all cooking, the best quality meat will result in a superior end result. Take the time to get to know your meat, one cut at a time.

THE CUT A gelatinous, boneless cut taken from the first three ribs of the forequarter and extending up to the neck. This is a large working muscle with strong connective tissue that needs to be cooked long and slow to transform it into the ultimate winter comfort food. It is perfect for braising and stewing, either in the oven or on the stove top. Look out for the New Zealand Beef and Lamb Quality Mark to know you're buying the best New Zealand has to offer.

COOKING TIPS Cook in a cast iron casserole dish or a heavy based ovenproof saucepan with a tight fitting lid, as the dense metal conducts heat slowly. Being both flameproof and ovenproof also means the whole process of browning and cooking can be completed in one pot.

If using a slow cooker, brown the meat over medium-high heat before transferring to the cooker.

When browning the meat, first ensure it is patted dry, as moisture will cause it to steam instead of brown. Don't overcrowd the pan – cook the meat in batches if needed.

Wine and stock are the most common liquids to add to the pan, but cider, beef, tomato juice and water can also be used.

TO SERVE Beef loves strong gutsy flavours that meld together with slow cooking:

Irish – Guinness, onions, leeks and beef stock served with creamy mashed potatoes and roasted wedges of cabbage.

Italian – rosemary, anchovies, garlic, tomatoes and red wine served over soft Parmesan polenta.

Moroccan – ras-al-hanout, preserved lemons, olives and bay leaves served over couscous with roasted almonds.



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OPPOSITE PAGE: 19th century European buildings in downtown Buenos Aires; a mural of Diego Maradonna is indicative of the local passion for football.

THIS PAGE: Café Rivas in San Telmo, one of the many historic neighborhoods in the city.

The city of two halves

Buenos Aires is a city where history and modernity are entwined, as CLAIRE ALDOUS explains.

I'm sure every guide in Buenos Aires will tell you the local saying, "God is everywhere – but his office is in Buenos Aires", and by the end of your visit you'll probably believe it.

This is a city of two halves: one filled with stunning architecture and impeccably maintained public buildings and gardens, along with the wealthy suburbs of Palermo and Recoleta with their enviable boutiques and cafés; the other a stark reminder of the tragic past, with graffitied murals covering run-down buildings in the poorer neighborhoods, like La Boca, to the silent marches every Thursday in the Plaza de Mayo, held by the 'Mothers of the Disappeared' for the 30,000 people who vanished during the brutal military regime that ended in 1983.

Despite the sadness in its history, Buenos Aires is a fascinating, vibrant city with a very Spanish feel, overflowing with strong-minded, staunchly passionate people who have had to overcome more hardships than most could ever imagine.

With only three days here, it was a whirlwind tour. If you have the opportunity to go, I would highly recommend the following destinations.

Floreria Atlantico

Arroyo 872

Included in the list of the World's 50 Best Bars, you enter this stylish and hip establishment via a gorgeous florist/wine shop. Located in the basement, a long narrow space is packed with diners and drinkers enjoying cocktails and a small but enticing menu. I recommend the grilled prawns with fennel and lemon, and the octopus with lemon potatoes and black olives if available – but there are no bad choices here.

Argentina was the destination for over four million immigrants in the 19th century and the bar is in the heart of the city's old shipping district, which funnelled many of these settlers to their new life. Inspiration for the fit-out and cocktail menu came from the original drinking dens that sprang up in Buenos Aires and this very cool bar/eatery is a nod to the heritage of the many Italian, French, Spanish and English immigrants.

Basa Bar & Grill

Basavilbaso, 1328

Another basement location, but this time with a distinctly New York feel. Basa's laid-back upmarket appeal was matched by an extensive

Story by Claire Aldous

bar selection and a modern, creative menu from Chef Julieta Oriolo. We enjoyed a locally-made burrata on a crisp fennel seed cracker, topped with baby salad; silky chicken paté paired with pickled grapes, and the spinach and brain ravioli came with pangratatto. Definitely a dessert for sharing, the dulce de leche crepes were the stuff dreams are made of.

La Brigada

Estados Unidos 478

Beef and football: a perfect match in Argentina! La Brigada is owned by Hugo Echevarrieta, an ex-footballer with a passion for sport and steaks. He walks the floor greeting the never-ending stream of customers, who obviously hold him in high esteem. There's no mistaking Echevarrieta's background either, there's a boisterous atmosphere and every inch of the restaurant is covered in football memorabilia. Cowhide-bound menus and baskets of freshly baked bread arrived on the table before our first taste of Argentinian beef. If you're looking for a huge steak then this is the place – my single portion T-bone weighed in at around one kilogram. It was an amazing piece of beef, beautifully marbled, but could easily have fed four people. My advice: go with an empty belly!

Tegui

Costa Rica 5852

Pulling up outside the graffiti-covered façade and industrial front door, our initial impressions of what might await inside soon evaporated when we found ourselves in a sleekly modern space that stretched out before us. An innovative but minimalist menu that Chef Germán Martitegui changes weekly, presented a sophisticated take on seasonal produce. Our five-course degustation included a divine mushroom juice with quinoa, mushroom wafer and bay leaf froth, with a sous vide egg nestled in the soup for the diner to mix through. It was a beautiful, well-executed combination of flavours that worked brilliantly. As with other high-end restaurants we visited, diners only start arriving after 10.30pm and stay well into the night.

Chila

Alicia Moreau de Justo 1160

Located in the upmarket district of Puerta, a new riverside neighborhood on the modern side of Buenos Aires, Chila's smart, modern dining room enjoys gorgeous views of the river, Rio de la Plata. It was great to see another female chef heading up a kitchen and Chef Soledad Nardelli's menu was a beautiful take on traditional flavours with a twist: duck with spiced pear purée and a spectacular hot dulce de leche soufflé were two of the offerings. If time permits, take a leisurely stroll before or after dinner to see a very different side of the city.



"... it was a popular destination for *painters, writers, journalists* and *musicians* to congregate for lively discussion and debates."





Fervor

Posadas 1519, Recoleta

I'm always interested in fellow diners when eating overseas and tables at this steakhouse were filled with families enjoying a long, leisurely lunch and immaculately groomed elderly couples who, we discovered, had been dining there since Fervor opened. (Can we say when?) While steaks reign supreme here, the seafood was the real star for us, along with one of the few non-meat appetisers of thickly sliced aged Provolone, grilled until melting with a gloriously crusty exterior. Again, leave room for one of the simply presented but delicious desserts.

El Gran Café Tortoni

Avenida de Mayo 825

Opening in 1858, Argentina's oldest and most famous café is well worth a visit, even if there are queues down the street. Sit at the green marble-topped tables surrounded by heavy oak panelled walls and soaring columns that support a Tiffany glass ceiling and imagine the atmosphere when, in its earlier years, it was a popular destination for painters, writers, journalists and musicians to congregate for lively discussion and debates. I'd recommend ordering just a churros with a café con leche, rather than a full meal, from the gruff but professional waiters, as it's more about experiencing the historical atmosphere, than the food.

Photography: Shutterstock



LEFT: Street art brightens the poorer parts of the city.

Croque Madame/Museum of Decorative Arts

Av del Libertador 1902

Designed in 1911 by René Sergent for the Errázzuriz family, part of Argentina's aristocracy, the house is an ornate neoclassical structure that is now home to the Museum of Decorative Arts. The gatehouse of this former ambassadorial residence has been transformed into a beautiful café set in an olive tree-shaded courtyard that could easily transport you to the streets of Paris. Its signature dish is Croque Madame – a glorious grilled sandwich of ham and Gruyère cheese topped with a soft poached egg – but there are other equally delicious offerings on the menu. The residence and its art collection were bequeathed to the Argentinian government on the death of Mrs Errázzuriz in 1935. The four floors feature soaring ceilings, massive wood panels, mirrors and marble pillars, and hold the extensive collection of objets d'art and antiques purchased by the family over a number of years.

El Ateneo Grand Splendid – Bookstore

Av Santa Fe 1860

Built in 1919 as the performing arts theatre Teatro Grand, it hosted tango legends before undergoing a transformation in 1929 to become a cinema. Proprietor Max Glücksmann merged his love of tango and music to create the first cinema in Buenos Aires staging live orchestration to accompany silent films. Under threat of demolition in 2000, Argentinian bookshop chain Grupo Ilhsa took over the lease and renovation. Today, its soaring frescoed ceilings, elegant theatre boxes and dramatic red curtains from a bygone era can be enjoyed by bibliophiles in a space rated one of the top five bookshops in the world. Two words describe this bookstore: opulent splendour!

Recoleta Cemetery

Junín 1760

I'll admit, this wasn't a destination that rated highly on my must-do list but after touring the cemetery I recommend you make this a must-visit. This 'city of the dead' was established in 1822 in the grounds of the Friars of the Orden de los Recoletos Descalzos. Governor Martin Rodriguez outlawed the practice of using churches as burial grounds so this became the first public cemetery.

It covers four blocks and is laid out like sign-posted city streets; rock, stone, marble, brass and concrete have been transformed into impressive statues and sarcophagi. With rivalry between the wealthiest families, you'll see ostentatious architectural mausoleums reflecting Art Nouveau, Art Deco, modern and neoclassical design amongst the more than 6400 tombs that reside in the most expensive real estate in the city – including that of Eva Peron. She was buried initially in Milan, then Spain and then next to Juan Peron in the presidential palace. Her final burial plot is in her father's family crypt, 27 feet underground to prevent vandals desecrating her remains. Leave yourself plenty of time to wonder around this fascinating destination.

Claire Aldous flew to Buenos Aires courtesy of Air New Zealand. From 1 December 2015, Air New Zealand will operate three direct services per week to Buenos Aires from Auckland. Business Premier, Premium Economy and Economy Skycouch (subject to availability) options are also available. For more information and booking details visit www.airnewzealand.co.nz

OTHER DESTINATIONS:

La Boca: Famous for its brightly painted buildings made from corrugated iron, sheet metal and planks (castoffs from ship building) this really is very much for the tourists. Handcrafts, tango dancers and painters line the streets, entertaining visitors to this rough, working class neighborhood.

Malba-Museo de Arte Latinoamericano de Buenos Aires — Av Pres. Figueroa Alcorta 3415: Housed in a modern building with white limestone walls and high geometric windows to allow maximum natural light, this is home to a permanent collection of over 500 pieces of modern and contemporary Latin American art. Around 150 pieces are displayed at a time, with works by Frida Kahlo and Diego Rivera instantly recognisable among them.

Metropolitan Cathedral — Calle Rivadavia s/n, 1004: In the city centre overlooking Plaza de Mayo, this is the main Catholic church in Buenos Aires and dates back to the early 17th century. The former seat of Pope Francis, it looks more like a classical Greek temple with twelve columns on the façade representing Jesus's twelve apostles.

Antique Market at The Feria de San Telmo: If you're looking for something unique to add to the suitcase, make a stop at the Sunday market held in one of Buenos Aires' oldest and architecturally beautiful neighborhoods. The Plaza Dorrego houses antiques, food, jewellery and leather shops while the outdoor booths, which cover several blocks, house a treasure trove of antique knives, glassware and linens. Allow enough time to meander, as this isn't a speed-shopping venue.

Bitters make for a

SWEET TREAT

Cocktail lovers know that almost every drink is improved with a few dashes of Angostura aromatic bitters. Less well known as a cooking ingredient, a drop or three of bitters adds a delicious depth of flavour to soups, casseroles, stews, preserves, puddings and sweet and savoury sauces.

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CHEFS' SECRET WEAPON

Fresh As is a small, quality-driven company based in Auckland that has been providing freeze-dried ingredients to chefs around the world since 2006. Its range of freeze-dried whole and sliced fruit, fruit powders, vegetable powders and herb powders allow home cooks to create culinary masterpieces. Produced in New Zealand, Fresh As products are 100 per cent natural with no additives or preservatives, and are packaged in easily re-sealable foil bags with a two-year shelf life. Visit **www.fresh-as.com** for stockists and recipe ideas.



A NICE TOUCH

Enjoy your breakfast Nespresso Grand Cru in style with the new black porcelain and soft silicone Touch Collection cups from Nespresso. These unique cups were created in collaboration with Berlin-based design studio Geckeler Michels. The Touch Collection is available in four different sizes to suit all coffee lovers: Espresso, Lungo, Cappuccino and Mug. From RRP$35 for a set of two. **www.nespresso.com**



Some Like It Hot

Winter is the perfect time to discover the rich tastes and mouth-watering aromas of new Patak's Signature Dishes Hot & Fiery Jalfrezi Curry. Hot & Fiery Jalfrezi is a perfect blend of fine spices and fresh ingredients, including tomatoes, capsicums, onions, cracked coriander seeds and chillies. If you love spicy food, this one is for you! With Patak's Signature Dishes, it's never been easier to create the perfect Indian dinner for two at home. Available in four delicious flavours: Smooth & Creamy Korma, Rich & Creamy Tikka Masala, Rich & Rustic Saag and now Hot & Fiery Jalfrezi. **www.pataks.co.uk**

A Sweet Sip

Crown Range Cellar presents a taste of the sweet life with 'Dolce Vita' . Hand-crafted by renowned New Zealand winemaker Grant Taylor, the sensationally rich Late Harvest Riesling offers aromas of floral, spice, rose, orange blossom and apricot, and is round and sweet on the palate with complex, ripe citrus flavours. Crown Range Cellar wants you to share the love and passion that inspired this wine with your loved ones. www.crownrangecellar.com





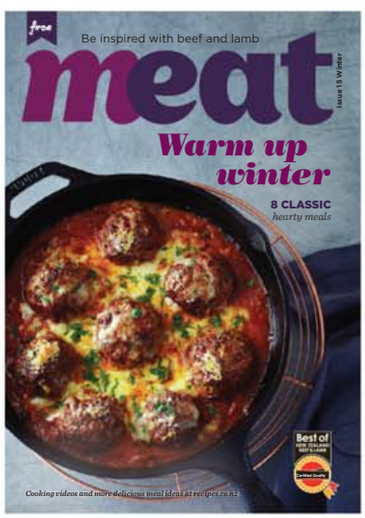
Clever Cookware

Revol France, makers of beautiful and robust porcelains for over 200 years, have introduced the world's first ever induction-compatible ceramic casserole and tajine range. The high performance ceramic allows you to defrost your meal in the microwave, sauté it on the stovetop, bake it in the oven and bring it to the table, all in the same dish. The patented technology also features a conductive base that allows you to brown your vegetables and meats before adding your remaining ingredients, allowing for a slower, more traditional stewing process. This construction also prevents burning from occurring around the sides of the pan. For further information, contact Domestic Agencies Ltd on (09) 525 0127, email **custserv@domag.co.nz**, or visit **www.domag.co.nz**



LOVELY LEMONS

Havelock North company St Andrews Limes has been bringing zesty lime products to keen foodies for more than a decade. Their preserved lemons are a fantastic pantry staple for any keen cook, and lend an authentic flavour to dishes with Moroccan and Mediterranean origins. Simply discard the flesh and slice finely before using in green and bean salads, rice, couscous and lamb dishes. Available in 400 gram and new 200 gram jars. **www.limes.co.nz**



WINTER WARMERS

The new issue of *mEAT* magazine is filled with recipes ideal for cold winter nights. A variety of hearty yet easy to make meal options are perfect for the shorter days this season, from Roast Bolar to Slow-Cooked Beef Cheeks and delicious Turkish Lamb Pizzas – they're sure to be a hit with the whole family. You can find the latest *mEAT* magazine at your local butcher, supermarket or online at **www.recipes.co.nz**

WINDOW SHOPPING



Walk On The Wild Side

Stoneleigh is harnessing the wonders of nature with the release of a new range of wild-fermented wines: the Stoneleigh Wild Valley range. Launching with the new vintage 2015 Marlborough Sauvignon Blanc and a 2014 Marlborough Pinot Noir, Stoneleigh Wild Valley represents the epitome of Stoneleigh's philosophy of minimal-intervention winemaking. Jamie Marfell, Stoneleigh winemaker, explains: "Stoneleigh Wild Valley uses naturally-occurring micro-flora to ferment the fruit, which gives the resulting wines the purest expression of our terroir. It's like capturing the essence of our Marlborough vineyards in a bottle." Stoneleigh Wild Valley wines are available from early August, RRP $18.99

MIX MASTER

With all the quality and precision of a commercial machine, a quieter motor, and a sleek, modern design, the Vitamix Professional Series 750 is the ultimate sous chef for any home kitchen. From nutritious green smoothies to perfectly ground nut butters; steaming hot soup to all-natural frozen desserts, nothing prepares fresh ingredients like a Vitamix blender. The Professional Series 750 features five pre-programmed settings, variable speed control and a pulse feature, and has a 2.0-litre container to fit easily beneath your kitchen cabinets. **www.vitamix.co.nz**





Produce Worth Praising

The Greater Good fresh vegetables are grown with respect for the New Zealand soils and seasons, by Balle Bros family of growers. Their brown and red onions were cured in the summer sun on the banks of Lake Waikare before being conveniently pre-packaged to suit your home kitchen. Available at New World stores now. **www.thegreatergood.co.nz**



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The Miele DA 2906 is the ideal rangehood choice over island bench cooking areas. This integrated ceiling extractor gives unimpaired vision while creating a sleek and harmonious elegance in the kitchen. An easy-to-install wireless dongle allows the rangehood to communicate with select Con@ctivity-enabled induction cooktops and adapt to cooking situations. Tested to last around 20 years, high-powered LED lights give energy savings of up to 70 per cent while exuding warm, natural lighting. The Miele DA 2906 also features an energy efficient motor that offers energy savings of up to 70 per cent compared with conventional motor units. **www.miele.co.nz**



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KITCHEN NOTES

NOTES FOR COOKS

To ensure successful results in cooking, we recommend you invest in accurate measuring tools – measuring cups and spoons and a measuring jug are essential and electronic scales are particularly useful as they weigh accurately in both imperial and metric.

Always follow one set of measures in a recipe. Do not mix them up.

Dish uses:

A fan forced oven unless otherwise specified

Large eggs (No.7)

Level spoons and cup measurements

Liquids are always measured in a jug and dry ingredients in measuring cups.

NB: One tablespoon is 15ml
(the Australian tablespoon is 20ml)

USEFUL INGREDIENT EQUIVALENTS

Breadcrumbs

1 cup fresh = 50 grams
1 cup dried = 115 grams

Butter

1 (American) stick = 100 grams
1 cup = 225 grams
2 tablespoons = 30 grams

Cheese

1 cup grated tasty = 115 grams
1 cup Parmesan = 150 grams

Egg Whites

Large (No. 7) egg white = 30 grams

Flour

1 level measuring cup = 150 grams

Gelatine

3 teaspoons granulated/3 leaves (gold grade) will set 500mls/2 cups liquid to a light jelly.

1 rounded tablespoon granulated/4–5 leaves (gold grade) will set 500mls/2 cups liquid to a firm jelly.

Leaf gelatine comes in varying grades. It is wise to check the setting properties of the leaf gelatine you buy before use.

Honey, Golden Syrup

1 cup = 350 grams

Onions

1 × 115 gram onion = 1 cup chopped

Rice

1 cup uncooked rice = 200 grams
1 cup cooked = 165 grams

Sugar

1 cup caster and granulated = 225 grams
1 cup brown sugar = 200 grams
1 cup icing sugar = 125 grams

Spinach

650 grams spinach leaves = ¾ cup purée

Yeast

2 tablespoons fresh (compressed)
= 1 tablespoon dried (granulated)

OVEN TEMPERATURES

225° Fahrenheit = 110° Celsius = cool oven
300° Fahrenheit = 150° Celsius = very low oven
350° Fahrenheit = 180° Celsius = moderate oven
400° Fahrenheit = 200° Celsius = hot oven
450° Fahrenheit = 230° Celsius = very hot oven

VOLUME

1 level teaspoon = 5mls

1 level tablespoon = 15mls

1 oz/fl oz = 28.35 grams/mls

1 pound = 450 grams

1 cup liquid = 250mls

1 pint = 600mls

1 litre = 1000mls

WEIGHT

10 grams = ¼oz

15 grams = ½oz

25 grams = 1oz (actual 28.35 grams)

450 grams = 1 pound

1 kilogram = 2¼ pounds

LENGTH

1cm = ½ inch

2.5cm = 1 inch

12cm = 4½ inches

20cm = 8 inches

24cm = 9½ inches

30cm = 12 inches

FOOD NAME EQUIVALENTS

We all use cookbooks and magazines from around the world. These are some of the more common ingredients which have differing names.

baking paper	parchment paper/ silicone paper
beetroot	beets
cannellini beans	white kidney bean
capsicum	bell pepper/ sweet pepper
celeriac	celery root
coriander	cilantro
cream	heavy cream
eggplant	aubergine
fillet (as in meat)	tenderloin
golden syrup	dark corn syrup
hapuka	groper
icing sugar	confectioners sugar
plain flour	standard/pure flour
prawn	jumbo shrimp
rocket	rocquette/arugula
scallopini	pattypan squash
spring onions	green onions
zucchini	courgettes

USEFUL TECHNIQUES

Bake blind: line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C – 200°C oven for up to 20 minutes before removing the paper and weights. The shell should now have taken form. Return to the oven for the time specified in the recipe.

Julienne: this term refers to food, often vegetables, that are sliced into thin matchsticks. This is most easily done using a mandolin but can also be done by hand. First cut into 3mm (⅛-inch) thick slices. Stack the slices and cut into 3mm (⅛-inch) thick strips. Cut into desired length.

Remove pin bones from salmon: fillets almost always contain small pin bones. To remove them, first run your finger down the centre of the fillet, pushing down gently so the bones pop out slightly as they are located. Using a pair of tweezers or needle-nosed pliers, pull out each bone carefully, with the grain to avoid tearing the flesh.

Roast capsicums: place the capsicum on a tray and roast in a pre-heated 200°C oven until tender but not collapsing. When cool, peel and remove the seeds.

Roast nuts: spread the nuts out in a single layer on a shallow baking pan and place in a preheated 180°C oven. Shake the pan every few minutes until the nuts are golden. Watch carefully as the nuts can become too brown very quickly. Remove and tip into another dish to cool.

Sterilise bottles and jars: put jars or bottles and their lids through a hot cycle of the dishwasher Alternatively, wash in hot soapy water and rinse well. Place them on an oven tray in a cold oven. Turn the heat to 120°C and leave for 30 minutes.

Toast and grind seeds and spices: heat a small dry pan over a medium heat. Add the spice and toss until fragrant and just starting to darken in colour. Be very careful not to burn as this will make them bitter. Toast one spice at a time rather than combining, as each spice will take a different time to toast. Tip out onto a plate and cool. Grind in a mortar and pestle or a small coffee grinder, reserved for the purpose.

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MADE BY MOONLIGHT

Opawa is a traditional Maori word that translates to “smoky river.” For centuries, this river carved its way through New Zealand’s Marlborough region.

Today, our winemakers cultivate vineyards in the ancient riverbed and harvest the fruit under moonlight to create wines of depth and purity.

opawawine.com

AKARUA

CENTRAL OTAGO

EVERY VINTAGE TELLS A STORY ...A GREAT STORY

No 1 New Zealand Pinot Noir as voted by the Dish Tasting Panel, 2015



SOLD OUT

AKARUA PINOT NOIR 2009

TROPHY - CHAMPION PINOT NOIR
New Zealand Royal Easter Show 2011

SOLD OUT

AKARUA PINOT NOIR 2010

TROPHY - RED WINE OF SHOW
TROPHY - PINOT NOIR
5 Nations Wine Challenge 2012

SOLD OUT

AKARUA PINOT NOIR 2011

TROPHY - WINE OF SHOW
TROPHY - PINOT NOIR OF SHOW
TROPHY - NEW ZEALAND SUSTAINABLE WINE
Romeo Bragato Wine Awards 2013

SOLD OUT

AKARUA PINOT NOIR 2012

TROPHY - PINOT NOIR OF THE YEAR
Winestate Australia & New Zealand

AKARUA PINOT NOIR 2013

TROPHY - CHAMPION PINOT NOIR
New Zealand International Wine Show 2014

Our Akarua vineyards in Bannockburn provide us with the exceptional fruit that is destined for our flagship Pinot Noir.

Since 2009, every single vintage of this special wine has been recognised with a trophy, a remarkable achievement for any wine and one which demonstrates the utmost care and attention that goes into crafting this outstanding Pinot Noir.

See what all the fuss is about and give the latest vintage a try... available at Glengarry and other fine wine stores.

AKARUA PINOT NOIR $42.00

www.akarua.com